It’s been a long time,
The mat sooo sublime.
My body wants stretch,
Eager to re-align.
My mind needs the mat!
Gee, it’s been a long time!

I’ll pull on tight pants,
Gonna work my soft thighs
Wanna breathe deep again,
Wanna feel more Alive!

I’ll roll out my sweet mat
To bask in Rumi Poetry..
And Guru wisdom as well.
I’ll slide back on my mat
Always “here”.. just ‘for me’!

“Behold The Love, not Anger
Clear the “mind clouds” of sorrow & pain
(Confusing our human hearts )
Let the Joy within you reign!

Soon release the weight
The stressors of global fate.
Breathe more deeply now
- Without asking “How?”

“How?” is just a question.
You need not adhere.
Faith is now our Mantra
Let go of the fear!

Gonna send Kat an email
Yes, I’ll definitely enroll.
Gotta get my spot, A-SAP
Lockdown took it’s toll!

I plan to feel more peaceful
Reconvening in November
“Egg Yoga” @ Lunchtime
Oh yes, I remember!

I’ll revel in kind community
The pleasure of familiar smiles,
Wanna see my Yoga friends again
Gee, it’s been a long while

So I’ve decided ~ Just Do It
I’ll jump right back in !
& Rekindle “The Calm“ within me,
Kat won’t let me forget!

She’ll weave in some “Radical Acceptance “
And invite, “Let go & Breathe”
She’ll guide us to love our bodies
Yogic ways to find some ease!

& She’ll make bad jokes - likely,
(Some things never change!)
But somehow it ‘s new & different
‘Cause it’s been a long time!