

**“Join me on the Sweet Kripalu Mat “** [A Poetic Invitation for You, from Yogic Guide Kat Abrams, RYT](#)

It's been a long time,  
The mat sooo sublime.  
My body wants strettch,  
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!