



Yoga Birthday by Angela Baum

I was with you for all  
your birthday, the waking  
And the sleeping, or the sleeping  
And the waking. We stood  
On our own two feet  
Two mountain chains  
Of bones along the skyline  
The image reminds me of our  
Time together in the Alps.  
Today we stood inside our big feet  
Concentrating on the  
The front of our heels  
Softening our toes using  
Those mountain sides.  
Toes spread wide, knees soft  
All ready to support our arm wings  
To travel up up up  
Into our hearts and heads  
What a way to work through  
Our lives. Enjoying and being grateful  
For those places and spaces  
Within our bodies, iliac crests taking us  
Upwards, and heels that relax our tails  
We are free to be free  
To be together on a journey  
Through our bodies  
Experiencing love and kindness  
And not too much suffering