

## Christmas Poem

Twas the night before Christmas  
All the packages were wrapped  
It was late in the night  
Almost morning, in fact.

I was wide,wide awake  
I got out of my bed  
Practicing yoga  
Was the first thought in my head.

To my yoga room I went  
Without any delay  
But I was sidetracked by sounds  
of frolic and play.

They were down by the Christmas tree  
There were sounds of such fun  
That I went down to join  
Whoever it was.

Well wouldn't you know  
It was good old Saint Nick  
Who had come to join me  
At the end of his trip.

He'd been travelling all night  
He was tired to the core  
All that bouncing in the sleigh  
Had made his lower back sore.

So we all went upstairs  
The elves, Santa and I  
And on all my yoga blankets  
We proceeded to lie.

I gave everyone adjustments  
The elves were quite easy  
Saint Nick was a challenge  
He kept me quite busy.

We had a great time  
We did yoga for hours  
And when we were done  
We were all soft as flowers.

"We'll do it again next year"  
He said with a grin  
And then off to the North Pole  
They went with a spin.

And I heard him exclaim  
As they drove out of sight  
"Yoga's the best,  
I'll do it for life".

-JoAnn Morrell

## Elixir

Equal parts:  
Lemon juice  
Ginger juice  
(grate ginger root and squeeze  
pulp to express juice)  
Honey  
Water  
(optional:a little grated black pepper)  
I first discovered this delight at  
the Deepak Chopra Center in La  
Jolla, CA, where I do my yoga  
trainings. We would have a shot  
every day before lunch. It helps  
aid digestion and is good for the  
immune system. It's also wonderful  
as a basis for a tea. Just pour boiling  
water over 1 or 2 tablespoons.  
You can make any quantity you want.  
Will keep in the frig for 5 or 6 days.  
Enjoy!

Best wishes for the holidays!



**Do lots of yoga!!**

Awareness with Yoga  
Holiday Supplement  
December, 2002  
JoAnn Morrell