

# Do Yoga For A Healthy Life

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Yoga is good for health (1);

Your health is your prime wealth;

But you must (2) find the time

For yoga, chants and rhyme.

Use your muscles (3) often;

They shouldn't ever soften (4);

Move your joints (5) day and night,

And keep your body light (6).

Let mind control body;

Give up vices, toddy;

Think good, do good, be good;

Be careful (7) with your food.

Your life is not to earn;

Your mind and heart must learn;

Your extra fat must burn (8);

Keep fit until you urn!

Exercise and keep fit;

Be active (9), do your bit;

In proper (10) stance, you sit;

Let life be bliss and wit.