

I learned...

The right way to do a chin tuck,  
Without looking like a lost duck.  
That doing the clock would exercise my core,  
And I'm looking forward to doing so much more.  
With excitement I'm my own witness,  
As I safely get back into fitness.

I was treated to some woodworking;  
Rewarded with good home cooking;  
I'm truly thankful for daily meditation,  
And for the reassessment of my medication.

A daily body scan,  
Is now part of my plan.  
Windshield wipers as I wake myself up,  
Pure mindfulness as I sip from my full cup.

I learned to pace.....  
Life is no longer a race.  
Breath out, breath in,  
And in the end, I know I win.

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