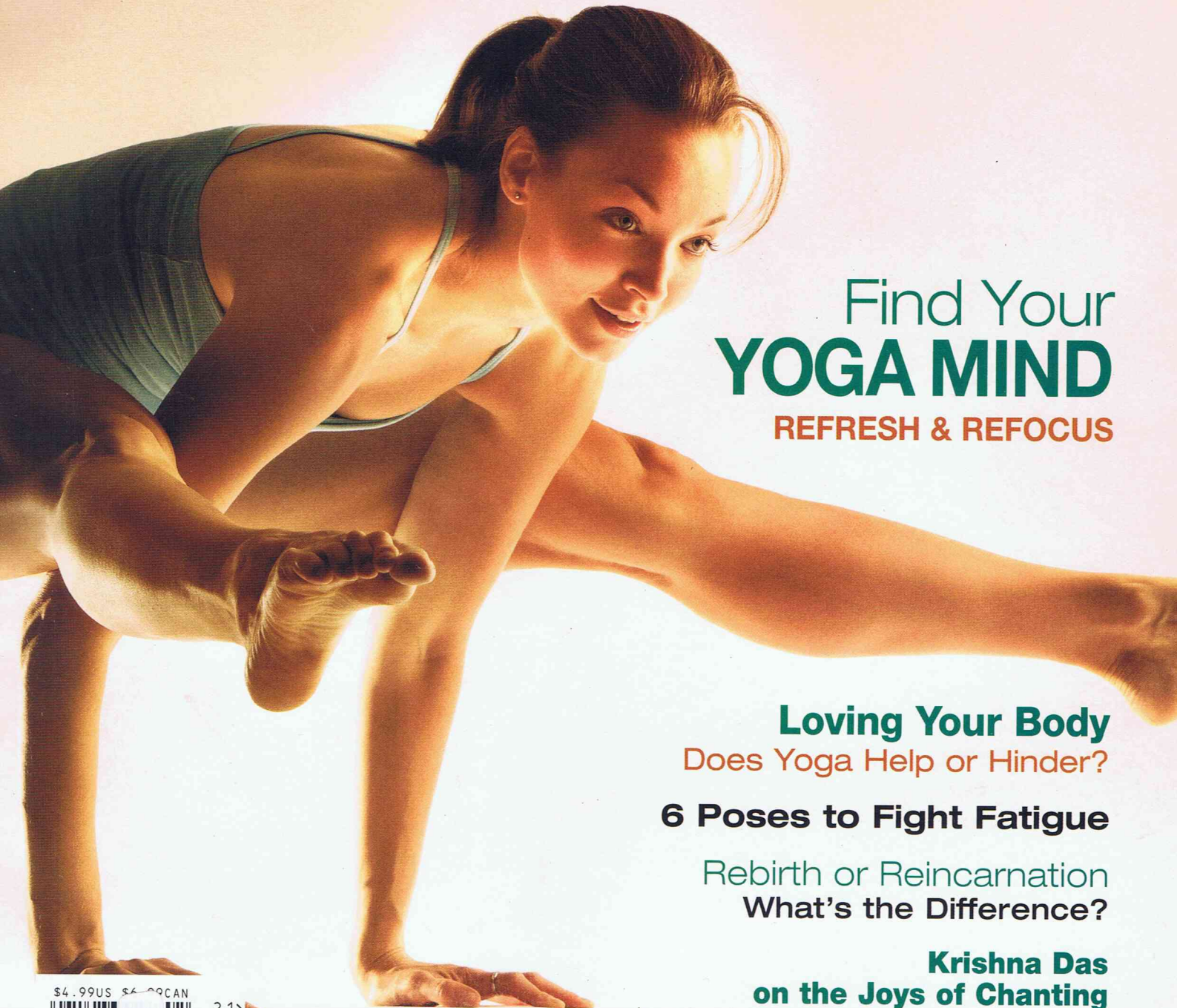


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# Asana

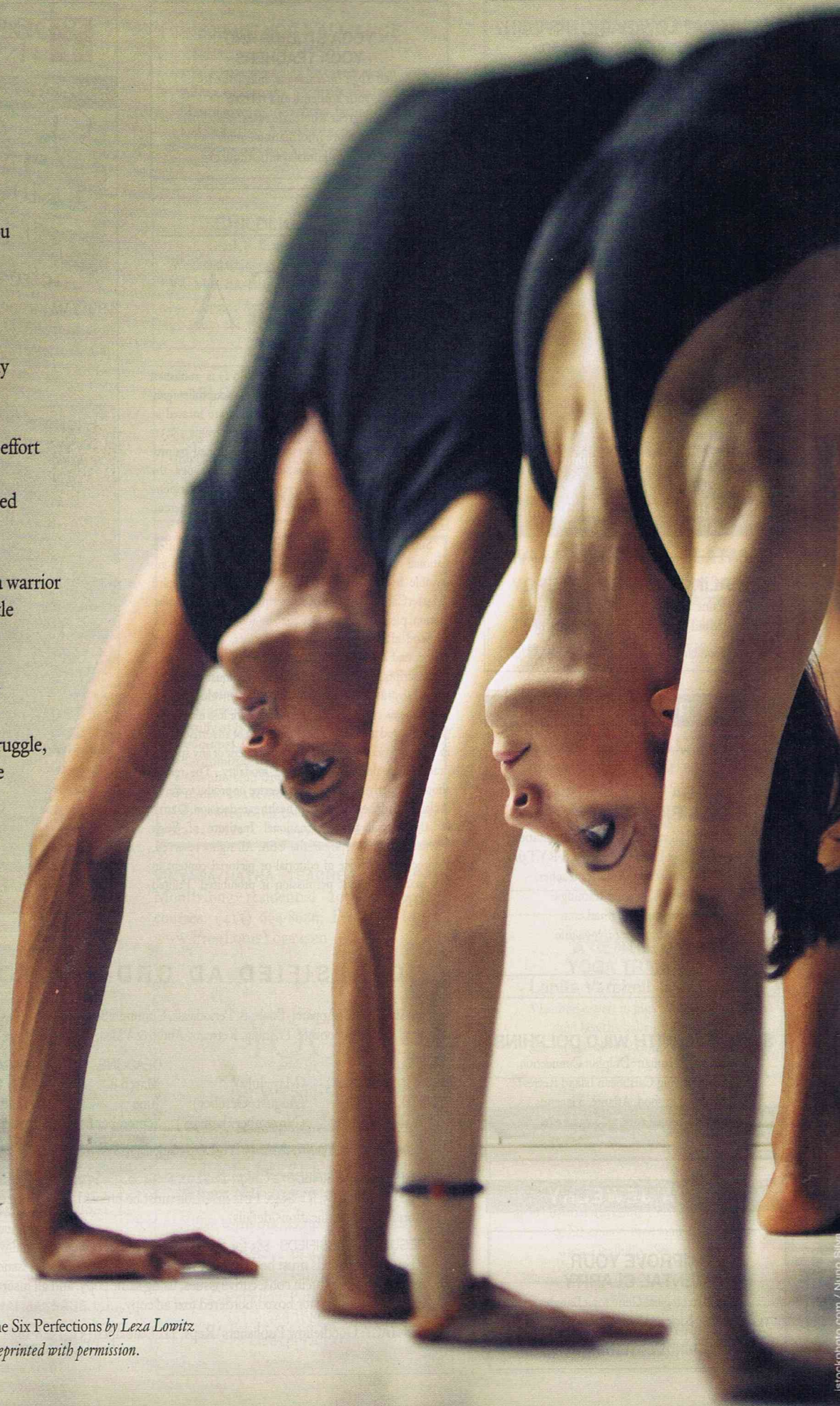
By Leza Lowitz

If you had come easily  
slip of joint into bone,  
we might have missed you  
for the teacher you are.

If you had simply arisen  
from the body like a sigh  
we might have completely  
taken you for granted.

If you had come without effort  
like a dream or sleep  
we wouldn't have bothered  
to learn your name.

But since you came like a warrior  
engaging us in fierce battle  
we want to know  
every inch of you  
so that when your power  
arises in us,  
it bears witness to the struggle,  
lights up the stage for the  
hero within. ■



*From Yoga Heart: Lines on the Six Perfections by Leza Lowitz  
(Stone Bridge Press, 2011.) Reprinted with permission.*