

Angel Yoga

by Andrea Louise Watson

Day Time:

Interior of a sports hall.

Angelina, a Geordie yoga teacher addresses her class

Angelina

Hi Everybody. Thank you for coming to this first class of Angel Yoga. This is a new concept I have developed with the help of my Angel guides which will hopefully balance, relax and centre you as well as toning those difficult areas.

I'll start by telling you a little bit about meself.

My name is Angelina. Its not the name that my parents gave me, but it is certainly the name the Angels gave me. Now I have been working with the Angels now for just over 10 years and I can't tell you the number of times the Angels have thanked me for helping them. Now I am just like you the rest of you. Very bland and normal and not at all special. (pause) Well except the Angels did choose me to be their representative on this plane. I don't know why they choose me but what I can tell you is that it came at a time when I was going through a lot of heartache. My hamster had just died and I found out my application to X Factor was rejected.

I can remember the day that they first made themselves known to me. I was feeling very down at work and I asked for guidance on what I should do with me life when a pure white feather fell down from the sky and landed on my right shoulder and I knew in an instant that they were tapping me on the shoulder an telling me –

This way pet, work with us! Now the skeptic's out there may say that the flying feather was because I was working in a factory stuffing duvet's, but I knew in my gut what it meant and I have not looked back.

Now if you could all stand on your mats we'll start with the first pose

© Andrea Louise Watson 2017