

Yoga for Friendship: Poem

The Best of Friends

Jill Wolf

The best of friends
can change a frown,
into a smile,
when you feel down.

The best of friends
will understand your little trials,
and lend a hand.

The best of friends,
will always share your secret dreams,
because they care.

The best of friends,
worth more than gold,
give all the love a heart can hold.