**Is This A Yoga Mat I See Before Me?**

**Cast**

**Mac 20-30 Beth 20-30**

MAC Now, our aim for this session is to guide you through a visual meditation.

BETH Crafted to cultivate wisdom and mindfulness amidst the crazy whirlwind of contemporary existence.

MAC As we tell you the tale of two young-ish yoga teachers - who actually bore our names - Mac and Beth.

BETH But whom we hardly recognise now. Keep breathing everyone.

MAC This is the tale of just an ordinary man and an ordinary woman.

BETH Like you. Or you.

MAC Any of you really.

BETH Yeah truth be told they were really quite boring.

MAC And just like all wanderers they had desires unmet. Things they wanted in life, but knew they might never possess.

BETH Like a yoga studio in the garden.

MAC A more chiseled jaw line.

BETH A kitchen island.

MAC After all, they were only human.

BETH But, their greatest treasure, and something they already had in abundance, was an effortless love for each other.

MAC Yes, a true and unadulterated human connection.

BETH They’d arrive home from work genuinely pleased to see each other’s faces.

MAC Hiya Love, how was your day?

BETH Same old - same old. What’s for tea?

MAC Whatever you want.

BETH Oh you’re a good husband.

MAC You’re an incredible wife. Would you like me to rub your feet?

*Sticks her foot in his face. Or lies down feet in the air.*

BETH Yes please that would be wonderful.

MAC (*before committing*) You get the idea.

BETH In short - they had something special.

MAC Like I said, a real human connection. *(They hold hands - smiling - happy.)* But things were about to change.

BETH And it all started with a visit from Mac’s weird sister. *(To Mac.)* You don’t mind me saying that about her do you?

MAC No - she was proper weird. She’d often speak in a strange voice and

offer people really rubbish chocolates from a bygone time.

*Beth takes on the role of Mac’s weird sister.*

BETH (*as though offering chocolates out*) Black Magic anyone?

MAC Who’re you talking to?

BETH The spirits. They’re everywhere.

MAC (to audience) That’s how weird she was. But Mac had every reason to trust in her supernatural abilities, for he’d grown up with her - and had seen her power at work - like the time she’d magicked her broccoli off her plate and onto his. Who knew what else she was capable of? Anyway, this particular day, she’d popped round to see Mac for a cup of tea. (He mimes swigging from a mug.) But then just as he took his last sip - she swiped the cup from under his nose and said - Beth continues playing his weird sister.

BETH I want to read your tea leaves.

MAC Well Mac and Beth used regular tea bags just like any normal couple.So he had no idea what she was looking at. But something came over her.

BETH (*dropping to her knees dramatically)* All Hail, Tranquil Mac. Hail to thee. Thane of joy not misery.

MAC Well he did consider himself to be a good yoga teacher and he hoped that made people happy. Did he think it was a strange way for his sister to try and pay him a compliment? Of course he did. It was utterly bonkers. But he took it. (*To his weird Sister.*) Thanks Sis. (*Back to the audience.*) She continued...

BETH (*possessed again*) All hail, Tranquil Mac, hail to thee. Thane of sway, shaping destiny.

MAC (*to audience*) Bit cryptic now. But interesting. (*To his weird sister.*) Go on.

BETH All hail Tranquil Mac with ambition’s fiery flare. Yoga’s King of Influence, an empire to declare.

MAC (*coy and smily*) Stop. (*To audience.*) At which point she did. She sat back down and asked in quite a normal voice.

BETH You got any biscuits?