

## **Fuck Retreats (E)**

Mindful plates, blissful dreams  
Wellness sold in shiny streams  
Breathwork costs, but no one screams

Fuck "retreats", I said it loud  
Walk or jog, no incense cloud  
Same as brunch, obnoxious crowd

Crystal water, branded peace  
Yoga mats in sponsored lease  
Balance sold in plastic bowls

Namaste with golden cards  
Zen is hard when life is shards  
Karen maxes her credit card  
Healthy mind is really hard

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Namaste.

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