

A stylized black silhouette of a person in a yoga pose, possibly Urdhva Dhanurasana (Upward Bow), with arms raised and legs bent.

YOGA - 'KU

A LITTLE BOOK OF HAIKU INSPIRED BY THE YOGA PRACTICE

morning coffee
looking for my om

peggy bilbro

morning yoga
unrolling the chill
inside my mat

lauren mayhew

lotus position
the instructor has to
loosen my petals

pamela a. babusci



solstice salutations
Times Square traffic
stills to silence

seánan forbes

water lilies
the weight of sunlight
on my palms

seánan forbes

reading lifelines
on the palms of my feet
baddha konasana*

**cobbler's pose*

peggy bilbro

downward dog
from one bad situation
to another

sondra j. byrnes



Ahamkara *

She frowns at her knees while in downward dog. Skin-folds over the tops of her bony knobs smile back. Or perhaps her knees are laughing at the effect gravity is having on her face.

autumn equinox
tree asanas swaying

*the individuation principle, or ego, which must be transcended

terri l. french

A Hundred Gourds , 3:1, Dec. 2013



long enough
to grow cherries
tree pose

kath abela wilson

tree pose —
I let out
the wind

kathy nguyen

beach yoga
until we are
paper boats

s.m. abeles

dolphin pose
I am a fish
out of water

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savasana
I let go of all the things
I've taken back

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hot yoga
a drop of sweat
passes six chakras

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end of yoga
one of the corpses*
lightly snoring

**savasana, resting, or corpse pose*

annette makino

edited by terri l. french

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