

Septolet

Al Chi in the Pool

Waving-ly movements
dance in water,
to flow.

Inhale! Exhale!
Breath leads
willowy limbs,
meditation.

For Rick

Brother fighting
cancer
struggles to get fit.

Completes Live/Strong course
comforted
by prayer shawl.

Sleep Lessons

Breathe deeply.
Count at first
to sleep.

Dream deeply
Jot down
what you learned.

Poetry Carnival

Thoughts spin
like merry-go-round
undulate like roller-coaster

circle like Ferris Wheel
making me
dizzy.

Septolet:

1. Fourteen **words**.
2. Two stanzas
3. Seven **words** per stanza.
Suggested but not a requirement.
4. Both stanzas deal with the same
idea and create a picture.