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## Qigong Dancer

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## Qigong Dancer

She took off her dusty brown boots—  
boots, she said, that had travelled  
for miles along hiking trails  
following bird songs, wildlife tracks  
Her bare feet, not ballet shoes  
or all-star basketball sneakers  
stepped like bird feet  
each toe humble and free  
She taught us eight postures:  
earth, heaven, fire, wind  
lightning, lake, mountain, water  
her tall, weightless form  
flowing soundlessly as a heron  
We formed a circle and walked clockwise  
practicing the postures  
Then she told us to disperse outside  
and get intimate with some aspect of nature  
performing the postures while walking  
I circled a tree, treading lightly as I could  
on the moss, trying to step inside of nature  
away from the heavy rubber feet  
wheeling along the nearby highway:  
earth, heaven, fire, wind  
lightning, lake, mountain, water  
human dancer

**ANDREA NICKI** is the author of two books of poetry, *Welcoming* (Inanna Press, 2009) and *Noble Orphan* (Demeter Press, 2014). She is currently completing a third collection.