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# Ribosomal Yoga

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## *Ribosomal Yoga*

Among Ovid's spandexed crew we slide  
from *plank* to *cobra*, *child's pose* to *morning*  
*prayer*: make of these unwieldy limbs

a fashioning. Early mornings, cellared in  
the city gym, we lift up the hood, try  
to fix the mechanical error down

at the ribosomal root. We are acolytes  
to Mecca; we are "spiritual dancers";  
we are flat-footed agnostics twining

like helix strands as Daphne would to  
wood—bark face, green pain shot  
through foliating hands. To ward

off extinction, we'd adopt fins; grow  
skin across the eyes' membrane of  
remembering; bend on a hinge

sistered taut as ribs at the breast-  
bone, as bodies bedded once  
the dark of this birthright.