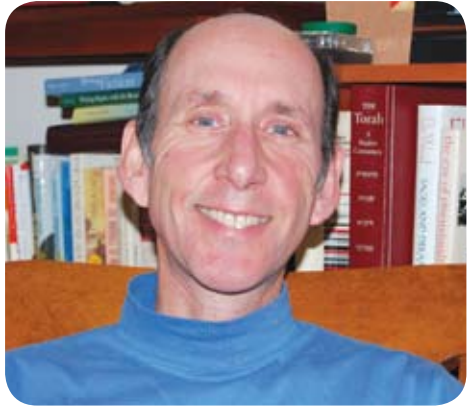


# Writing Yoga guides readers to write – and notice

Local author Bruce Black says his new book evolved from the journal entries he made while taking yoga classes. With *Writing Yoga*, he encourages readers to use a similar practice to find their own fulfillment.

“The yoga *asanas* – physical poses – can help you find your proper alignment, and a journal – like a block, blanket or belt – can be a tool to aid you in noticing your alignment in each pose,” Black explained. “As you practice yoga and write about your practice, you can begin to notice that alignment refers not only to physical poses on the mat but to how you conduct your life off the mat – your spiritual alignment. How you deal with anger or frustration, whether you shy away from a challenge or face it with courage – these are the poses of our lives. The process of writing and noticing – learning to *see* more carefully – is the essence of the book.”

While the subject of *Writing Yoga* was a new one for Black, writing itself was not. The author of stories for *Cricket* and *Cobblestone*, essays and articles for Jewish publications, and articles for secular newspapers, Black served for eight years as the editor of children’s books at the Jewish Publication Society and has widely taught writing workshops and writing courses. He is also the founder of the online *The*



Bruce Black, author of *Writing Yoga*  
(Photo courtesy of Bruce Black)

*Jewish Writing Project* (<http://jewish-writingproject.wordpress.com/>), which, he said, “encourages Jews from all backgrounds to tell their stories to others in Sarasota and beyond our community. I’ve received stories from writers around the world who have generously shared their work with the project.”

Black sees his Judaism reflected in his commitment to yoga as well. “Judaism’s belief in a universal God helped deepen my appreciation of Anusara Yoga’s universal principles of alignment,” he said. “We are all part of a larger energy (i.e, God), and we can feel that energy flowing simultaneously through ourselves and others, connecting us to each other, if we set our foundation to create the proper physical and spiritual alignment.” 🌍