



Writing Yoga

A Guide to Keeping a Practice Journal

BRUCE BLACK

Paper, 176pp, 6 x 9, ISBN-13: 978-1-930485-28-0, \$14.95

Pub Date: April 2011 ■ Distributed by Publishers Group West

WRITER AND EDITOR BRUCE BLACK began studying yoga five years ago, when his knees could no longer stand the stress of running. After taking classes for a few years, he started keeping a journal to explore his experiences on the mat. Out of his journal and his devotion to Anusara Yoga has emerged a book that delves into the nexus of yoga, writing, and life.

In *Writing Yoga*, Bruce begins by sharing tips he has learned along the way: the benefits of keeping a practice journal, how to select just the right blank book, writing at different times of day, how often, and more. He has organized the book, by theme, into chapters with guided writing exercises.

Part memoir, part writing guide, Bruce reflects on practice as life: the excitement of walking into his first yoga class, apprehension about bending backwards, discomfort with body appearance, the yoga of family relationships, the exhilaration of coming

into Headstand for the first time, deepening appreciation for his teachers, and waking up to the exquisite beauty of the world around him. And he weaves excerpts from his own journal throughout.

Bruce guides you in stepping onto your mat and picking up your journal with curiosity and commitment. He shows how your journal can become a good friend, a confidant, a tool to deepen your experience of asana and pranayama, and a mindfulness practice in itself.



BRUCE BLACK holds a BA in English literature from Columbia University and an MFA in writing from the Vermont College of Fine Arts. He is the founder and editorial director of three blogs, including *Writing Yoga with Bruce Black*. He lives in Sarasota, Florida, where he teaches writing workshops for children and adults.