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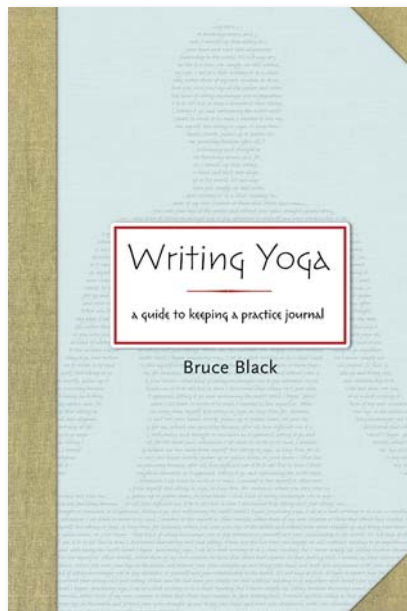
WRITING YOGA

BRUCE BLACK

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.

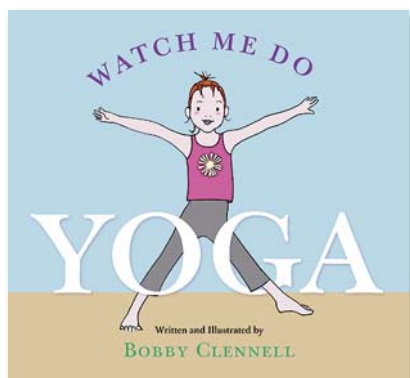
Part memoir, part writing guide, Bruce reflects on practice as life: the excitement of walking into his first yoga class, apprehension about bending backwards, discomfort with body appearance, the yoga of family relationships, the exhilaration of coming into Headstand for the first time, deepening appreciation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

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



WATCH ME DO YOGA

Kids love the bright images in picture books, stories they can identify with, and rhymes they can remember. And kids want to do things they have seen their parents do. Most of all, kids yearn for approval and attention, and what better way to come by it than *Watch Me Do Yoga*.

In this delightful book, a little girl tells us about her yoga practice as she does poses with her dad, her mom, the family dog, and sometimes alone on her mat. We see her in the garden, on the patio, in her bedroom, and even sitting on a gigantic lotus. She stands like a tree or a mountain and imitates the actions of animals—a fish, a dog, a lion, a tortoise. She celebrates her connection with the life around her and wants her parents (and us) to watch!



I like to stand upon one leg,
Pretending I'm a tree,
And then I wave my arms about.
Hey, Daddy, look at me!



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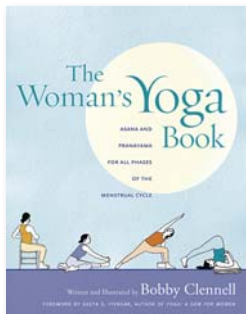
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Written and Illustrated by
Bobby Clennell

Bobby Clennell's engaging text and lively illustrations encourage kids and their families to have fun reading together and practicing yoga together.

Hardcover, 32pp, 9¾ x 9,
ISBN-13: 978-1-930485-26-6, \$15.95
For ages 3–8.



THE WOMAN'S YOGA BOOK

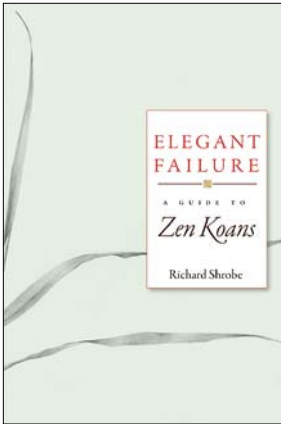
FOREWORD BY GEETA S. IYENGAR

A comprehensive program of asana and pranayama to support menstrual health from menarche to menopause. With sequences for the four phases of the monthly cycle—premenstrual, menstruation, postmenstrual, and ovulation, as well as conditions like PMS, migraines, insomnia, cramps, lower back pain, and more.

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On the cover: Image from *30 Essential Yoga Poses* by Judith Hanson Lasater, Ph.D., P.T. Model: Theresa Elliott (www.tajyoga.com). Photograph © by David Martinez, Inc. All rights reserved.

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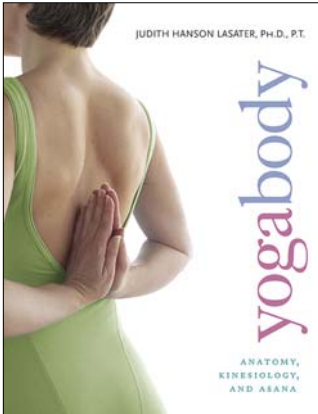


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Zen Master Richard Shrobe presents twenty-two koans from *The Blue Cliff Record*, *Book of Serenity*, and *Wu-men-kuan* that he has found to be deeply meaningful and helpful for meditation practice. Drawing on over thirty years of practice and teaching, he provides a wealth of background information and personal anecdotes that help to illuminate their meaning without detracting from their paradoxical nature.

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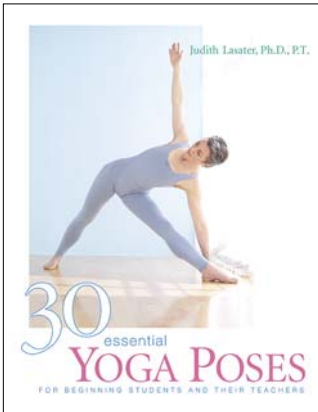


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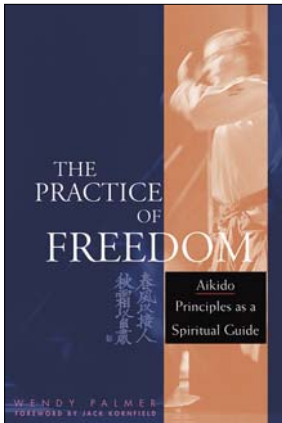
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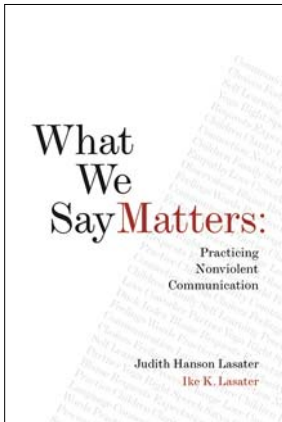
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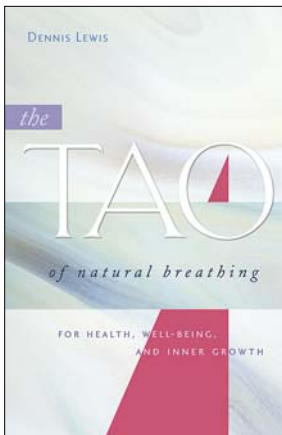
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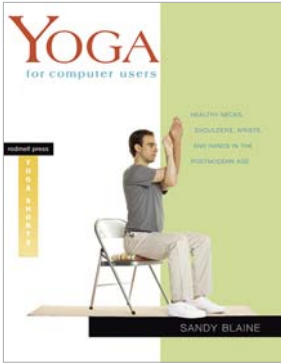
DENNIS LEWIS

A longtime student of Taoism, Gurdjieff Work, and Advaita Vedanta, Dennis Lewis shows how we can incorporate natural, or whole-body, breathing into our lives to improve our health, increase our energy, and support our quest for inner growth. Recommended for yoga students as a foundation for pranayama.

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FOREWORD BY DEIRDRE CARRIGAN

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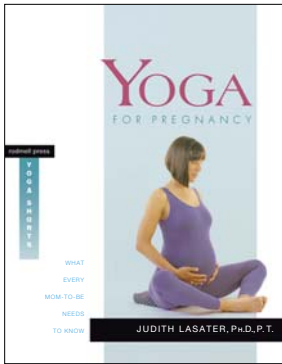


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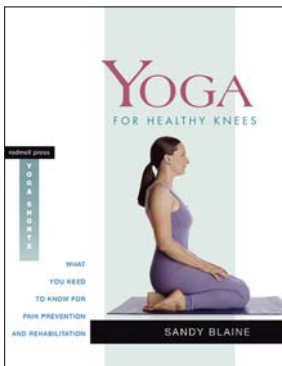


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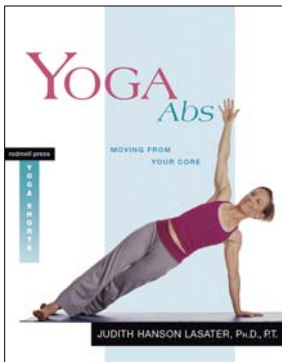


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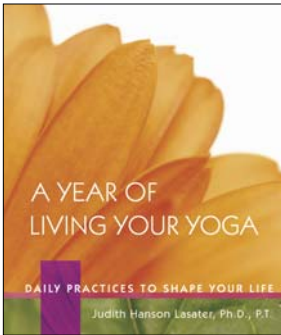
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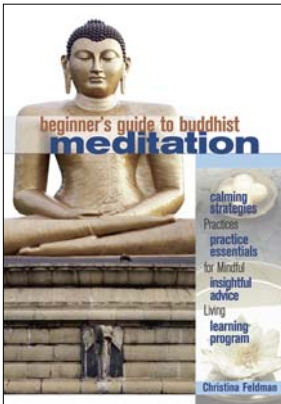


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Cloth with Ribbon Marker, 192pp, 5 1/8 x 6 1/2,
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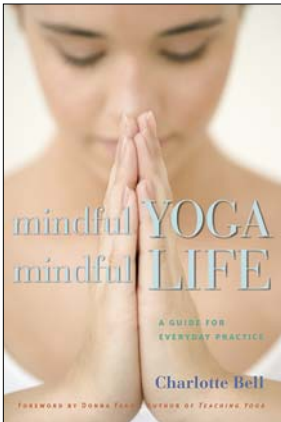


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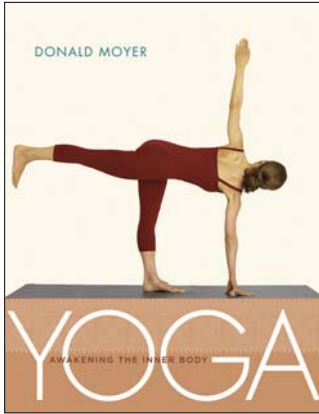
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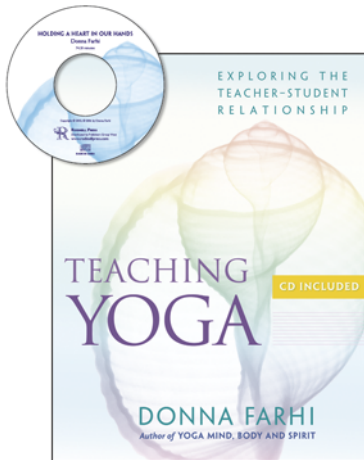
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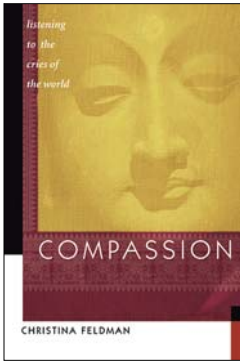
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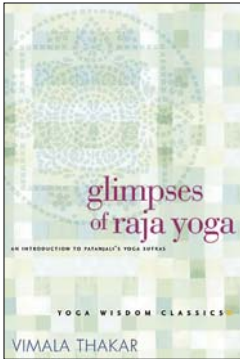


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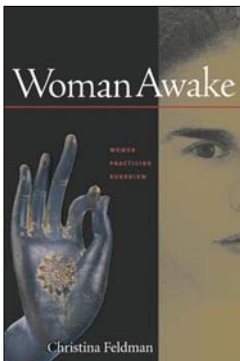
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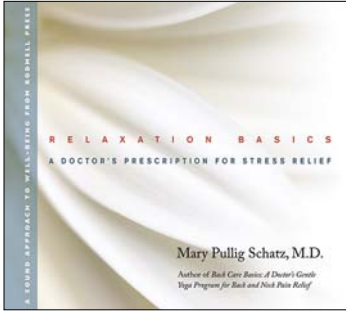
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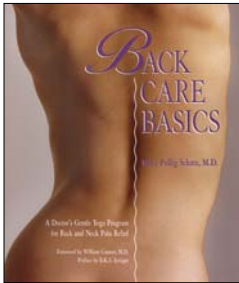


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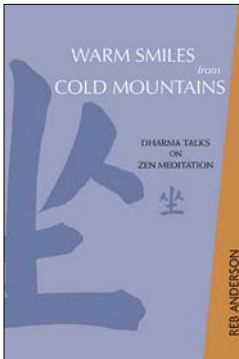


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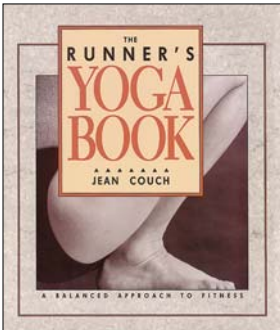


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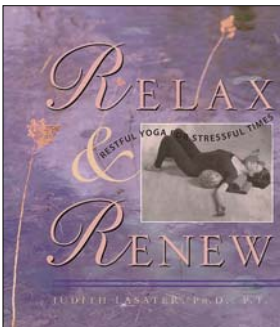


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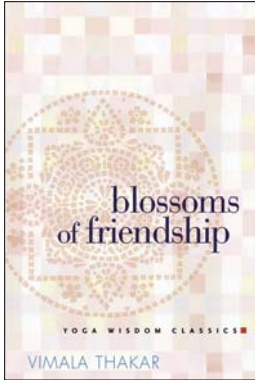
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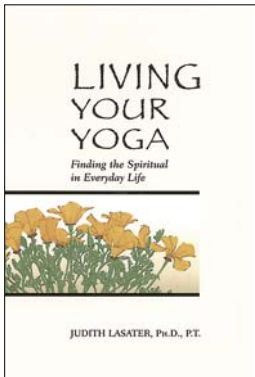
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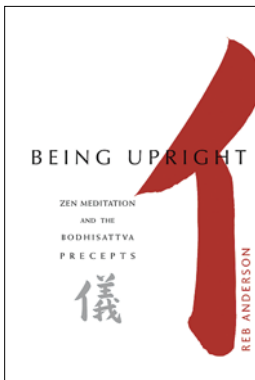


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