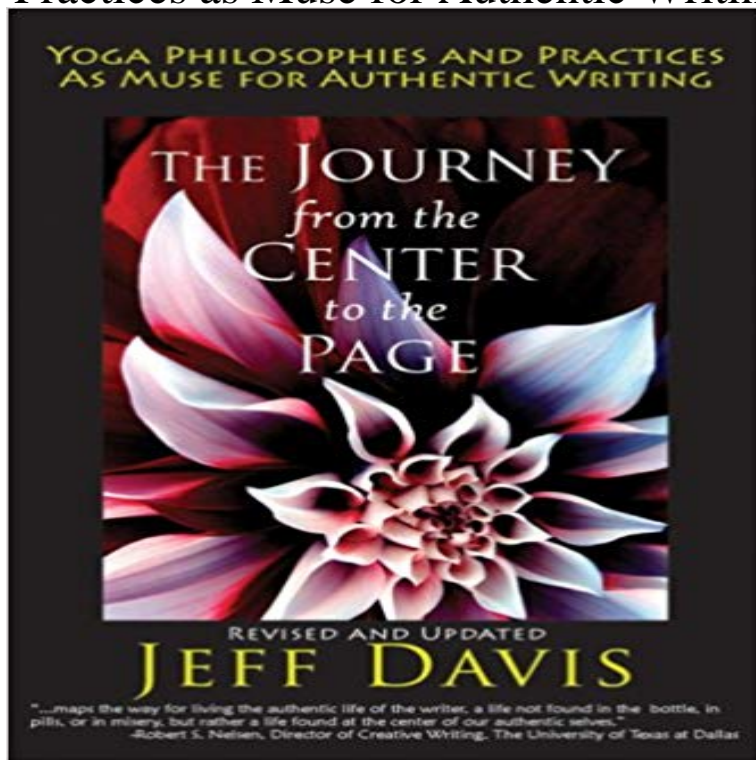


The Journey from the Center to the Page: Yoga Philosophies and Practices as Muse for Authentic Writing



In addition to suggesting specific yoga exercises for various writing roadblocks . . . this is a substantial writing guide, with lessons in voice, symbol, syntax and dialogue. Dallas Morning News With wisdom for writers at any level and in any genre, nationally known writing and yoga instructor Jeff Davis shows writers how yogas principles and practical tools can deepen their writing practice and increase their versatility writers. A grounded guide to the body-mind-imagination connection, this book shows ways for writers to reconnect with their deeper intentions for writing, sustain concentration and confidence when writing, and write with an authentic voice.

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