



# Writing Yoga: A Guide to Keeping a Practice Journal

*Bruce Black*

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## **Writing Yoga: A Guide to Keeping a Practice Journal** Bruce Black

Writer and editor Bruce Black began studying yoga five years ago, after his knees could no longer stand the stress of running. Shortly after taking his first class, 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 ten chapters, each with guided writing exercises:

Opening Up  
Moving Past Fear  
Accepting Gifts  
Paying Attention  
Awakening to Connections  
Trusting the Process  
Just Sitting  
Finding Your Balance  
Learning to Breathe  
Listening to Your Inner Voice

Part memoir, part writing guide, Bruce weaves excerpts from his own journal throughout. He 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.

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.

Whether you keep a practice journal already or want to start one, let Bruce and *Writing Yoga* guide you. Maybe you'll write a sentence a day, maybe more. Perhaps you'll come to your journal only now and then. What matters: exhale and give it a try!

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