



# YOGA -n- WRITE

Connecting Mind, Body, Spirit

*An Exploratory Collaboration of Iyengar Yoga and Journal Writing*

THURSDAYS: APRIL 1 - JUNE 3

6-7:30PM

PYRAMID HOLISTIC WELLNESS CENTER, RUTLAND (802.775.8080)

\$10 drop-in fee

*No previous experience in yoga or  
writing necessary*

**wisdomwithinink.com**

*Please wear comfortable clothing and bring a yoga mat, pen and paper. Blanket and block also suggested  
(available for purchase in Pyramid store)*

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## A Balancing Act

A yoga pose consists of the following three principles: ***alignment, strength, attention***. In this workshop we will explore the physics of balance and the metaphysical or spiritual elements of writing. A balance of writing & yoga, mind & the body.

Just as we work to ***align*** the body in a pose, we must also bring an ***intention*** to writing. Just as practicing yoga requires ***strengthening*** the body, writing asks for a committed emotional & intellectual ***discipline*** - a stretch. While we need to learn how to direct our ***attention*** to interior and exterior space in a yoga pose, we need to bring a corresponding ***openness*** to the work of writing.

In this workshop, a collaborative exploration, we will develop the openness, the attention, the discipline, the strength, the alignment, and the intention to work toward a renewed sense of balance, both physical and spiritual.

**ALIGN** ourselves with **STRENGTH** upon the mat, Take up the pen with **ATTENTION**,  
**OPEN** to the experiences that await us.

***Rachel Alexander*** is a passionate practitioner of Iyengar yoga and has studied with two of North America's most renown instructors. She wants to "make the mind feel the stretch." 773.2634 . [rachel.alexander@mac.com](mailto:rachel.alexander@mac.com)

***Joanna Young*** is a writer and certified instructor through the Center for Journal Therapy. She facilitates customized workshops for individuals, businesses, and at-risk groups. 747.0761 . [joanna@wisdomwithinink.com](mailto:joanna@wisdomwithinink.com)