



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

By Jeff Davis

Monkfish Book Publishing. Microfilm. Book Condition: new. BRAND NEW, The Journey from the Center to the Page: Yoga Philosophies & Practices as Muse for Authentic Writing, Jeff Davis, "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 yoga's 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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## Reviews

*This publication is definitely worth buying. It can be loaded with wisdom and knowledge I am easily could possibly get a satisfaction of looking at a composed publication.*

-- **Rhiannon Steuber**

*Very helpful to all type of individuals. It really is rally interesting throgh looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.*

-- **Tyshawn Brekke**