

SASSIN' THROUGH SADHANA:

BLACK YOGINI JOURNEYS TO MIND, BODY
AND SPIRIT WELLNESS



What makes a Black woman from Louisiana, raised in a Baptist church, turn to the ashrams of India and develop a course on yoga for other women of African descent? For many people in the African diaspora, spirituality and its connection to culture and community progression is a cornerstone of everyday life. Increasingly, however, Black women are turning to African and Eastern forms of healing such as meditation, yoga and Ayurveda to deal with trauma, pregnancy, birth, post-partum issues, weight loss, nutrition, mental health, spirituality, relationships, life's transitions and overall balance. Some are even leading this charge.

This open call for book chapters seeks to expand the discussion around black women's leadership, nutrition and wellness through the voices of Black

women yoginis (yoga instructors) and their personal experiences to transform their lives and communities through their practice and teaching. We seek a diverse body of experiences and we welcome personal narratives that reflect various African and African diasporic communities, especially those that "talk back" to traditional ways of thinking and being.

Dr. Rachel Panton is a personal historian, adult development specialist, and wellness writer. Dr. Stephanie Evans is a professor of Black women's intellectual history at Clark Atlanta University, a wellness writer and the creator of www.AfricanaMemoirs.net database, which houses over 500 Black women's narratives from the African diaspora. Sari Leigh is a vinyasa yoga teacher, blog writer and founder of Anacostia Yoga www.anacostiayoga.com in Washington, DC. The preface for the book will be written by Maya Breuer, founder of the Santosha School of Yoga www.mayabreuer.com and Jana Long, Director of Power of One Yoga Studio www.powerofonecenter.com. Together, they founded the Black Yoga Teachers Alliance.

CALL FOR BOOK
CHAPTERS

DEADLINE: MONDAY, JANUARY 2, 2017

SEND CHAPTER SUBMISSIONS TO
RACHEL@WRITEMYLIFEMEMOIRS.COM

Chapter Submissions: Submit chapters between 6000-7500 words. Co-authored chapters are welcomed.

Include 200 word bio and picture of author(s). Pictures in yoga asanas or meditation are best.

Send submissions to rachel@writemylifememoirs.com with **Sassin' Through Sadhana as the subject.**

More information:

Part of the Sassin' through Sadhana proceeds will be donated to the Black Yoga Teachers Alliance www.blackyogateachersalliance.com. BYTA is an international program, founded by Maya Breuer and Jana Long that supports the education and professional development of black yoga teachers worldwide. Their first national initiative is Yoga as a Peace Practice aimed at addressing violence and its impact on the Black community.

For more information visit www.writemylifememoirs.com
