



Yoga: Point + Process

Volume 1

*A detailed study of **36 Basic Yoga Poses** for teachers and practitioners
written and illustrated by **Michael Bridge-Dickson***

with a foreword by Carrie Owerko

The Yoga Process, Point by Point

Yoga: Point + Process is a comprehensive technical manual that details 36 of yoga's most fundamental poses.

It is an excellent study aid for teachers and teachers in training, as well as being a useful tool for every yogāsana student at any level of experience, whether new to yoga or a seasoned practitioner.

This unique and practical resource supports learning, practicing, and teaching āsana with precision and detail, providing clear and concise instructions systematically guide practitioners through each pose's four stages, point-by-point — a process that supports the study and integration of fundamental principles while gradually learning their finer details, from when to learn them to managing challenges as they arise, and complete step-by-step practice instructions that take practitioners through preparation, entering and exiting the pose safely, and what to do while in the poses themselves.

Available on Amazon



"The whole book is filled with intelligence and elegance.

Michael has provided the type of practice explorations that will inspire students to look around their homes and apartments for inspiration and possibility, and begin to use what is readily available in their environment to make their practice more accessible, effective, and even therapeutic.

Yoga: Point + Process is a unique and wonderful contribution to the diversity of yoga books available."

~ **Carrie Owerko**, senior Iyengar Yoga Teacher and contributor at **Yoga Journal**

*"Michael Bridge-Dickson's **Yoga: Point + Process** is a dream come true for all yoga teachers and teacher trainees eager to dive into the nuances of yoga alignment.*

Michael's refusal to believe there's only one way to do a pose is refreshing; his use of props creative; and the exhaustive array of choices he provides for even the simplest poses will be a joy to explore in my own body and pass along to my students."

~ **Linda Sparrowe**, former editor-in-chief of **Yoga International** and author, most recently, of **Yoga At Home**

*"There is always more to learn about yoga postural practices, and in **Yoga: Point + Process**, Michael Bridge-Dickson has given us a true gem.*

His insightful understanding of the nuances of asana is a boon to students and teachers alike. I highly recommend it, especially for new and experienced yoga teachers."

~ **Mark Stephens**, author of **Yoga Therapy: Foundations, Methods and Practices for Common Ailments**



"Occasionally a yoga book comes my way that makes me think, 'Gee, I wish I'd written this one.' Michael Bridge-Dickson's **Yoga: Point + Process** is definitely one of them.

I like so many things about it I don't even know where to begin. What impressed me the most, and what makes this book so unique, is that it treats asana as a process, not a state, with equal emphasis on the beginning, middle, and end of the pose.

This I'm sure will make the exercises much more effective and far less injury-prone. Experienced teacher or raw yoga rookie, no matter, this book's for you..."

~ **Richard Rosen**, contributing editor at *Yoga Journal*, and author of *The Yoga of Breath*, *Pranayama: Beyond the Fundamentals*, *Original Yoga*, and *Yoga FAQ*

"**Yoga: Point + Process** is an invaluable resource for all postural Yoga practitioners.

Michael's superb book is clearly written and insightful, and is sure to guide many to a deeper level of practice."

~ **Brenda Feuerstein**, Director of Traditional Yoga Studies and author of *The Yoga-Sutras From a Woman's Perspective* and co-author of *The Matrix of Yoga* and *The Bhagavad-Gita: A Translation with Georg Feuerstein, Ph.D.*



Four Layers of Understanding

When we learn anything new or seek to deepen our understanding, it is always useful to do so in layers, each one built upon the last. Each pose in **Yoga: Point + Process** is presented in four such layers:

- **simplify** reduces the pose to its most rudimentary form
- **explore** develops the pose, increasing resilience and agility
- **nourish** deepens your understanding by resting in awareness
- **synthesize** blends sensitivity and inner intelligence with refinements

In this book, not only will you learn each pose in progressive layers, you will also find useful suggestions on how to solve the various challenges you may encounter along the way.

Yoga: Point + Process will serve as an invaluable support to your practice, a resource that you can refer to time and again.

Practitioners will find a variety of ways to work with classical poses, exploring the finer details while developing a self-guided practice.

Yoga teachers will particularly benefit from the systematic approach to layering pose variations, supplementing teacher training and development programs, continuing as a sustaining reference throughout your teaching career.



Hundreds of detailed illustrations accompany and clarify the text, making **Yoga: Point + Process** a joy to use.

The book also includes a guide to the book's layout and suggestions on how to use the book, along with general practice guidelines on how to structure a practice and what types of poses to do and/or avoid for common concerns.

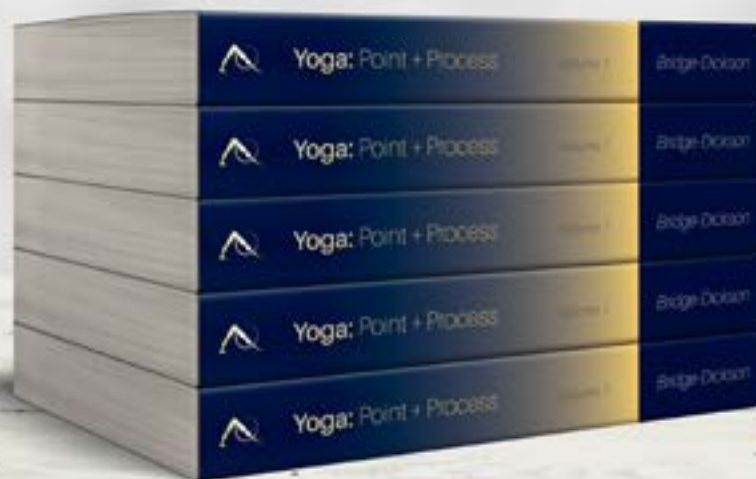
The back of the book features an in-depth terms + definitions section that is much more than a glossary, and is alone worth studying. Front to back, **Yoga: Point + Process** is packed with information!



Title:	Yoga: Point + Process Volume 1
Subtitle:	A detailed study of 36 Basic Yoga Poses for teachers and practitioners
Author:	Michael Bridge-Dickson
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Publisher:	sensāsana
Release Date:	November 25, 2017
Price:	\$39.95 USD \$49.95 CAN
ISBN:	978-1-7751054-0-4
Specs:	348 pages 8.5" x 11" Softcover Color printing Text + Illustrations
Availability:	sensasana.com amazon.com indigo.ca barnesandnoble.com Your local retailers

Complete review copies will be available prior to the launch date, and samples are available for review immediately.

Please inquire for review or sample copies as well as distribution: yoga@sensasana.com
Order directly: sensasana.com/point-process/



Michael Bridge-Dickson has been guiding practitioners on their inner journeys since 2004. He has worked with athletes, dancers, seniors, people with reduced mobility, those with special concerns, as well as regular, everyday practitioners of all ages, abilities, and backgrounds.

Michael's passion is helping people understand themselves — observing their patterns and habits, the mind revealing itself through the body.

As a teacher, Michael uses his keen eye for detail and vision of how those details affect the overall practice over time to structure sequences that help practitioners navigate through their yoga path.

Articulate and communicative, Michael strives to reach as many practitioners as possible, showing them how they can benefit from yoga's gifts safely and effectively while finding personal and physical fulfillment.

His vision stretches beyond those Michael connects with in classes, inspiring him to delve into writing to share useful information that can reach all who would benefit from his approach.

Michael combines his skills as a writer and illustrator to bring you his experience in a way that is clear and accessible so that you get the most out of your practice while integrating and applying helpful principles.

For all media inquiries, to book Michael for interviews, speaking + teaching engagements, or to discuss how yoga can benefit you and your organization, please contact:

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Michael's students and colleagues often describe him as a "walking encyclopedia" of yogic knowledge — you can ask him virtually anything pertaining to yoga (or not!) and he will likely have a deep and intelligent answer.

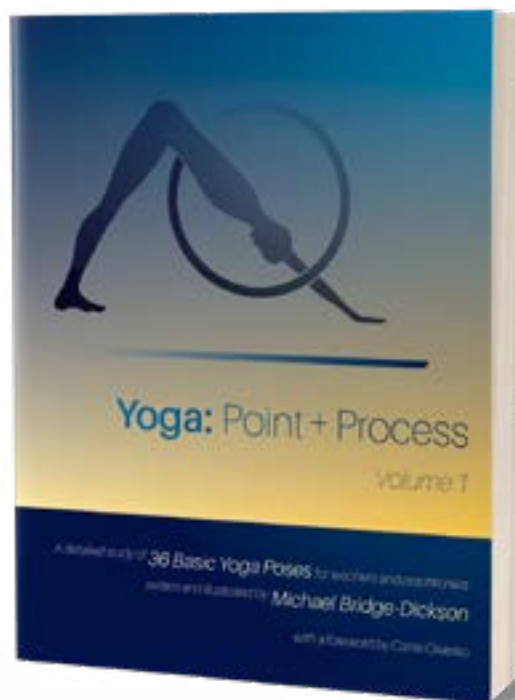
Some interviewers may not necessarily be involved in yoga, or know what aspects of yoga and yoga practice will be most relevant.

In preparation for the release of his new book, **Yoga: Point + Process**, below is a sample interview that targets the book, but also gives more background on Michael, yoga, and his perspective on practice. When booking Michael for interviews, please let him know the planned duration of the interview, and whether the interviewer prefers more elaborate answers to fewer questions, or shorter answers so that the interviewer can cover more ground — or when time is limited, few questions and short answers! Again, these are just examples, and Michael invites interviewers to ask any pertinent questions they wish.

With so many books on yoga currently available, what prompted you to write this book?

I wanted to create a resource that was accessible to both yoga teachers and serious yoga students. Often, dedicated practitioners enroll in teacher training programs not because they want to teach, but because they hope to deepen their understanding of the practice in a way that classes and many books do not delve into.

I also witness a lot of teaching that could be much more refined — clearer instruction about how to enter or exit a pose, more guidance on what to observe while there, and most importantly: how to address common challenges practitioners may face in these poses.

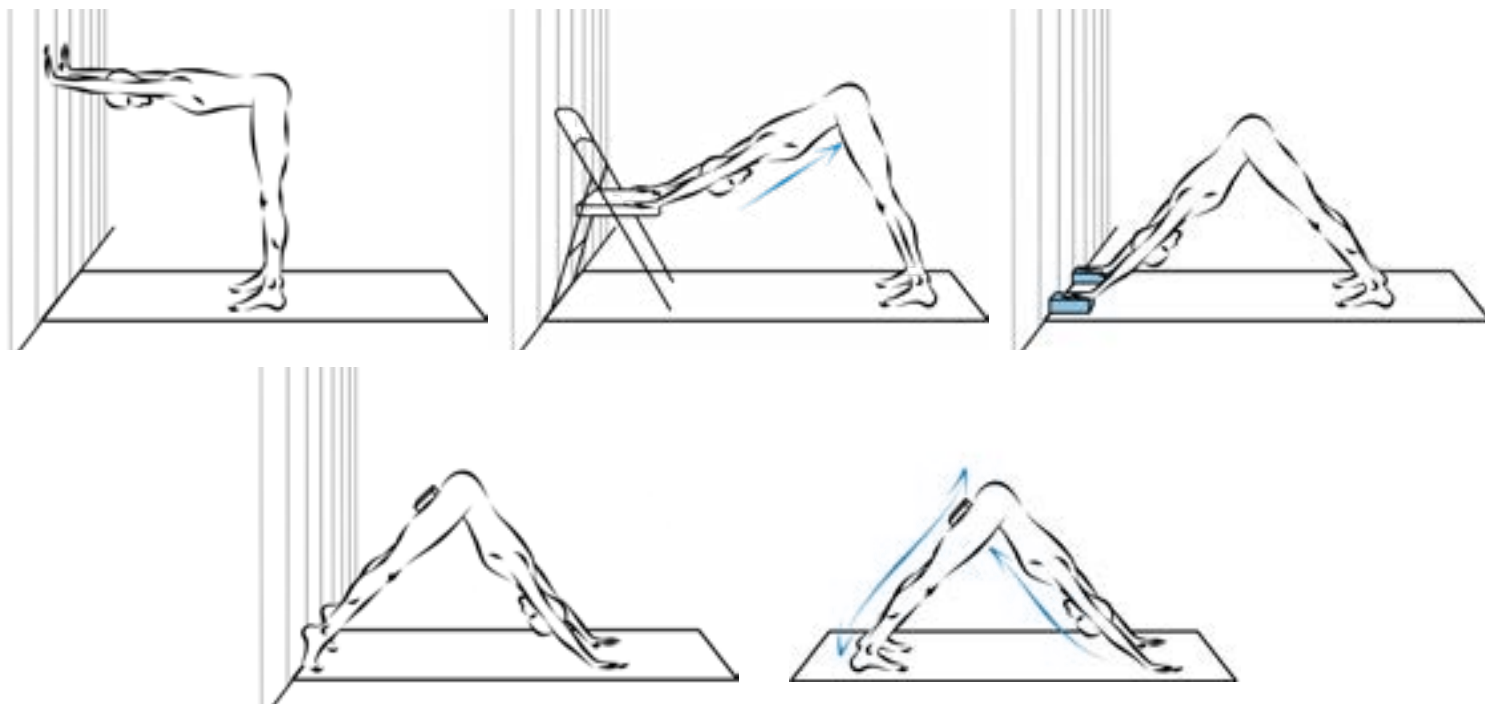


Why are all these details so important — Isn't it enough just to do the poses?

No, I don't believe it is. *How* the poses are done is, in my opinion, even more important than which poses are practiced. This includes how the poses are entered and exited: when practitioners are injured in yoga, it is often how they went into or came out of a pose that caused the most significant damage, not the pose itself — although there are of course poses that are not appropriate for all practitioners and may be riskier to practice than others.

Not only that, but many poses are simply not accessible to certain practitioners, even at the beginner level. This is where the various layers and variations of poses become relevant. I do believe that most basic poses are suitable for everyone, but they may need to practice more fundamental related poses first, or find a variation that bridges their current capacity and the classical form.

From what I observe, beginner classes are not always truly “beginner” — they will often start with the full form of a basic classical pose, but without understanding how to teach the fundamental mechanics, and these mechanics are often better learned in regressions of the poses. Once learned, they are more easily applied to the classical forms, rather than having to struggle applying those principles in poses where the structure is more complicated.



Do you feel that a book can teach yoga poses effectively?

Not completely, no. Nothing replaces a good teacher, and no external resource, even a great teacher, can replace personal experience. **Yoga: Point + Process** is intended to supplement practitioners' existing modes of study, whether that is attending group classes, studying privately with a teacher, or doing a self-guided practice.

This book is a study aid, and I have many more tools + resources planned to help practitioners develop and deepen their practice. I also hope it will help keep them safer, as a particular area of interest for me is preventing yoga injury and managing other injuries through yoga.

I also hope that yoga students and teachers alike will read this book to raise their level of understanding, so that we can continue to practice with ever increasing sophistication.

What makes your book stand apart?

Three things:

- it's (I hope!) easy to understand and apply
- it's fairly comprehensive in addressing common needs
- the depth of information is not always found in other yoga books

Oh, and it's beautiful!

You not only wrote this book, but you also did the layout and illustrations, is that correct?

Yes, I have always been very artistic and loved drawing all my life. I also have a background in fashion design and illustration, so it only made sense to utilize those skills on this project. I wanted to produce a book that was both beautiful and useful, because we're naturally more inclined to use things that appeal to our senses, and that includes how-to books!

You say you're particularly interested in yoga and injury. Is this a common problem among yoga practitioners?

It is. There are many reasons for this, and part of it is just that the more people who engage in any type of physical activity, the more there will be individuals who get injured. But, I also think that the lack of refinement in some instructions, and the speed with which aspiring teachers can become teachers creates a learning environment where even the teacher may not be fully aware of the potential risks. When combined with any tendency to achieve or overdo or impress people with our proficiency in yoga, injuries are a likely result.



Injuries are not entirely attributable to yoga, teachers, or students, but acknowledging and addressing the risks fairly from all sides will help minimize the prevalence of yoga injuries — and may even help people recover from other injuries, too!

You're releasing a second book to deal specifically with injury very soon, correct?

Yes, that's correct! Shortly after **Yoga: Point + Process** is launched, I will be releasing my second upcoming book, **Pain in the Asana**, in which I discuss several ways to care for 8 common yoga injuries: what to do and what to avoid, how to modify for particular injuries, and how to minimize the risk of injury in the first place.

Any take-away tips from that book you'd like to share before its release?

I would say that the most important aspect is moderation — to not push in your yoga practice — activate the muscles and work well, but don't stretch beyond your capacity and don't fight against yourself. Additionally, it's always good to check with your primary care physician to ensure yoga is appropriate for you, and then do some research on teachers and studios in your area to find skilled and knowledgeable teachers.

Teachers are not always to blame for yoga injuries, but poor instruction is a leading cause of injury. Lastly, it's important to understand that not all intense sensation is bad, and lack of sensation doesn't necessarily mean nothing's happening: when you experience intense sensation in yoga, gently back off of the pose until the sensation is more tolerable. If that's not possible, come out of the pose, but try not to do so suddenly or aggressively — many yoga injuries happen when coming out of poses carelessly.

What's coming up for you, do you have any more projects on the go?

I do, yes. In addition to **Pain in the Asana**, I'm releasing another book on Restorative Yoga in the next year, and I have a few more secret projects that will support people in their personal study of yoga. *{Additional, timely projects and events will be announced here}*

Where do you currently teach, and how can people contact you?

I currently teach at Naada Yoga Montreal and offer workshops + trainings at Ashtanga Yoga Montreal. I'm also available for private lessons, guest teaching, speaking engagements, and other learning opportunities.



People can visit my website at www.sensasana.com to learn more about me and what I offer. All of my social media links are on the site too, so people can follow and contact me from there.

Do you have any special offers for our viewers/readers today?

Yes! {Michael will determine a special offer, based on current workshop offerings, publications, and the media outlet's suggestion}

Is there a particular charity you support?

Yes! I'm currently involved with the Yoga Mala Foundation, which helps fund yoga programs for non-profit organizations, providing access to yoga for those who would not normally have access to yoga — and often those who don't have access to yoga are those who would most benefit from it. I'm honoured to be one of the wonderful teachers involved in the Yoga Mala Foundation, and I've seen it affect people's lives in the most touching ways. Currently, the YMF operates within Montreal, but it is planning to branch out across Canada to provide the same great service to all Canadians who would benefit from a yoga practice.

I'm also involved with an organization called Love Your Brain, which teaches people how to use yoga as a treatment supplement for traumatic brain injury.

Some additional sample questions might include:

- *Where should people start their journey toward a yoga practice?*
- *What are the benefits of starting a yoga practice?*
- *Can yoga be practiced with specific health concerns? Does yoga help?*
- *How can people reduce their risk of injury in yoga?*
- *Where can people purchase the book, once it's available?*
- *How did you come to yoga, and what made you decide to become a teacher?*

Ask away, Michael is an open book!

Order Yoga: Point + Process today!

