## ACKNOWLEDGMENTS

Raising a child takes a village and so does writing a book. I am thankful for all who comprised my "village;" without them, this book would not have been written.

My deepest gratitude goes to my husband and my mother, both of whom provided me endless cheerleading—and ice cream breaks when needed. Thanks, mom, for raising me to be like you: a strong, confident woman who isn't afraid to take risks. Thanks, Steve, for never doubting what I could accomplish and supporting me all the way through. And, thanks, Nancy, for taking care of Paige so mommy could write.

I thank my departmental colleagues at Shepherd University, many of whom read parts of this text and provided useful feedback for revision during faculty writing group meetings. I also thank the English department faculty and graduate students at my previous institution, Lehigh University, for helping me to build the theoretical foundation and pedagogical practice that serves as the backbone of this book. Of course, I thank my students at both schools for being active participants in my courses and for their willingness to be a part of my project. My students have given me the biggest gift of all: a bounty of greatly reflective writing and honest accounts of their experiences with contemplative pedagogy.

I owe a great deal of gratitude to both my mentors at Lehigh, Barry M. Kroll and Edward Lotto. Both read countless drafts of the earliest stages of this project and pushed me to refine my ideas. They encouraged my pedagogical experimentation and helped me navigate the professional, personal and logistical challenges of getting students to *move* in the classroom. I remain thankful, Barry, for the continued gifts of your time and knowledge.

A special thanks to Laurence Musgrove for helping me with the yoga illustrations throughout the book; you brought my stick figures to life! Thanks also to my peer reviewers and editors. The former offered thoughtful suggestions for revision, which substantially strengthened the final draft of this book, and the latter made the process a smooth one. Editors Sue McLeod, Mike Palmquist and David Blakesley, thanks for making the journey to publication enjoyable.

Not only did my yoga teachers inspire me to write this book, they also helped me implement the contemplative pedagogy I discuss within its pages. Holly, I am deeply grateful that you found my work to join yoga and writing compelling and offered your time and energies to my students. Our many talks on your porch about the philosophy of yoga shaped what this project turned into and gave me the confidence to move forward. Special thanks to Christa and Gena, who have helped me to integrate yoga in my classes at Shepherd. You all have all shaped me as a yogi, which has, in turn, shaped me as a teacher. *Namaste*.

And, to my girls, Jamie, Nikki and Sarah, I offer thanks for years of love and friendship. Thanks for reading drafts, thanks for the free talk therapy and thanks for making me step away from my computer every now and then. In the words of Anne of Green Gables, you are my kindred spirits.

I dedicate this book to my daughter, Paige, who teaches me daily what it means to be mindful and to find joy in the present moment. Mommy loves you.