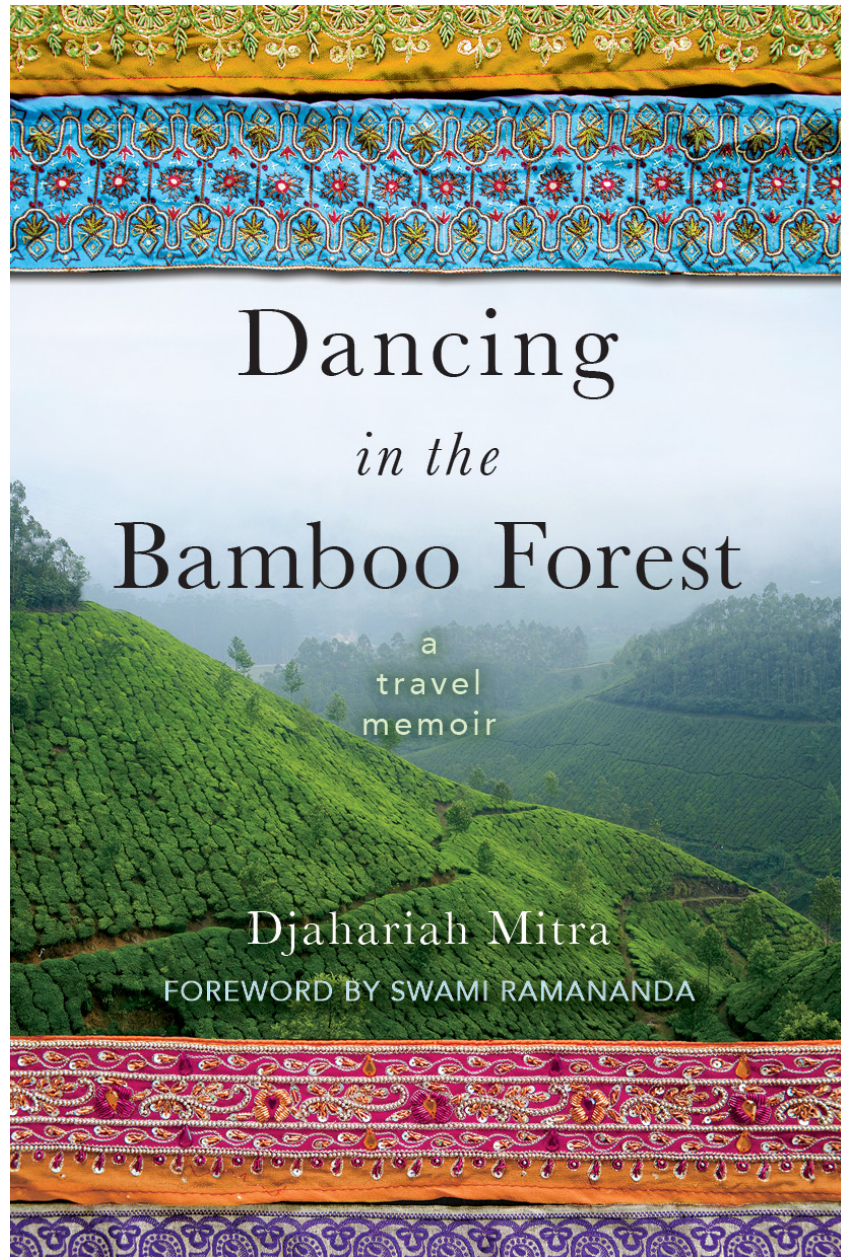


# MEDIA KIT



**Djahariah Mitra**

[www.djahariahmitra.com](http://www.djahariahmitra.com)

"Mitra's lyrical mix of devotion and critical analysis is truly revelatory." –Kirkus Reviews

**Review Copies and Media Interviews:**

For a review copy or an interview with Djahariah Mitra, please contact Mitra at (646) 577-9943 or [info@djahariahmitra.com](mailto:info@djahariahmitra.com).



dancing tree books

143 Driggs Avenue

[www.dancingtreebooks.com](http://www.dancingtreebooks.com)

Brooklyn, NY 11222

Dancing Tree Books is proud to promote our first title— a candid, inspiring travel memoir of a woman’s discovery of the richness, diversity, and paradoxes of Indian culture as well as a deeper understanding and acceptance of herself— *Dancing in the Bamboo Forest*.

Author Djahariah Mitra offers a unique take on traveling through India by incorporating her yogic philosophy along the way. As a yoga teacher, she infuses each experience with an analysis of how to see the situation from a yogic perspective. Through this uncommon method, she reveals a basic overview of the philosophy in an entertaining and relatable way that takes the concepts from theory to practice.

She candidly offers her own foibles and difficulties as she encounters obstacles and offers each one as a lesson in how she didn’t succeed in following the path but grows from the experience. Along the way she chuffs up precarious mountain sides, bicycles around Auroville, sweats for hours in government buses, and dances in night clubs. Through friends from all walks of life she learns and shares the vastness of Indian culture.

*Dancing in the Bamboo Forest* satisfies the growing enthusiasm for a deeper understanding of the practice of yoga, an interest that began decades ago as gurus made their way from the East but somewhere along the way evolved into a gym workout. Now there is a resurgence in the thirst for understanding the entire practice of yoga and how it can bring balance to our lives.

This change in direction in the yoga world is a deep well of controversy and discussion. The public reflects this change in their greater interest in spirituality and in books such as this one. We offer *Dancing in the Bamboo Forest* as a cue to discussing this interest and changing landscape in the yoga world. It is also a keen inside look into the world of a yoga teacher who honestly shares the difficulty of the path as well as it’s deep guidance and aid in finding peace. The author reflects the common experience of so many practitioners who will relate to and rejoice in her efforts.

Djahariah Mitra shares yoga from the perspective of a regular person rather than from a swami, guru, or enlightened being. She offers a light and easy to relate to explanation of yogic principles through experience—a doorway into the philosophy easier to open than diving into a deep and academically thorough explication of the ancient texts.

If you are interested in a story around or further discussion of the book, a book signing, event, or author interview, please contact us.

Thank you for your time.

Sincerely,  
Ms. Katz

Dancing Tree Books  
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**PROMENADING WITH ELEPHANTS? YES, PLEASE!**

New York, November 2014—Dancing Tree Books announces their new title, an engaging travel memoir: *Dancing in the Bamboo Forest*, a yogic journey through India by new author Djahariah Mitra.

Yoga Journal estimates over 20 million Americans practice yoga and over 40% of the population are interested in yoga. Most yoga studios focus on the physical practice leaving many practitioners thirsting for more. *Dancing in the Bamboo Forest* offers a basic understanding of the whole philosophy of yoga from how to walk in peace and meditate to finding balance in all aspects of our lives.

With so many people searching for a path to decrease stress, to find balance, and to live a spiritual life amid it all, *Dancing in the Bamboo Forest* offers an example of someone trying to do just that. Djahariah Mitra shares the philosophy that changed her life with simple and practical tools to use in our day to day lives. She takes yoga out of the classroom and into daily life.

*Dancing in the Bamboo Forest* is entertaining and engaging as it reveals discoveries of a vastly different culture from the perspective of a woman traveling alone in India while at the same time offering a relatable story of a woman trying to find balance. Told with honesty, *Dancing in the Bamboo Forest* takes us through all the author's failures and triumphs, from losing her head over love to mastering the Bangalore bus system. She shares her experience of trying to walk a yogic life while dealing with the day to day realities that make that so difficult.

"Mitra's lyrical mix of devotion and critical analysis is truly revelatory...The fact that Mitra is able to overcome her obstacles is truly uplifting and makes for an inspirational journey. A compelling travelogue that earnestly maps a traveler's heart and soul." —Kirkus Reviews

"Prolific and soul searching. The last pages of this book left me wanting more." —Amazon Review

**ABOUT THE AUTHOR:** A BA in World, Arts, and Cultures and an MA focused on Performance Studies all led Djahariah Mitra to a life immersed in exploring the world and its cultural expressions through movement. Djahariah Mitra is an avid traveler and writer. She has studied yoga for 15 years, trained with Integral Yoga, and currently teaches in New York City.

Mitra is available for interviews and appearances. For booking presentations, media appearances, interviews, and/or book-signings contact [info@djahariahmitra.com](mailto:info@djahariahmitra.com).

Dancing Tree Books is an independent book publisher excited to launch new authors in genres related to art and culture with an international emphasis.

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## Synopsis for *Dancing in the Bamboo Forest: A Travel Memoir*

### **2-line Summary:**

In the candid memoir, *Dancing in the Bamboo Forest*, yoga teacher Djahariah Mitra adventures through South India and her own heart.

### **Short Synopsis:**

In the candid and inspiring memoir, *Dancing in the Bamboo Forest*, yoga teacher Djahariah Mitra takes the reader on an adventurous journey through South Indian temples, ashrams, beaches, and night clubs. She explores vast cultural differences, obstacles to traveling as a woman alone, and her own internal journey to self-acceptance all through a yogic lens.

### **Medium Synopsis:**

In the candid and inspiring memoir, *Dancing in the Bamboo Forest*, yoga teacher Djahariah Mitra takes the reader on an adventurous journey through South Indian temples, ashrams, beaches, and night clubs. She explores vast cultural differences, obstacles to traveling as a woman alone, and her own internal journey to self-acceptance. Mitra exposes the loneliness of travel while at the same time encountering fascinating people who bring friendship, eye opening revelations, and a love that rocks her heart. She analyzes her experiences from emotionally crushing obstacles to the easy openness of strangers through the perspective of yogic philosophy.

### **Long Synopsis:**

In the candid and inspiring memoir, *Dancing in the Bamboo Forest*, yoga teacher Djahariah Mitra takes the reader on an adventurous journey through South Indian temples, ashrams, beaches, and night clubs. She explores vast cultural differences, obstacles to traveling as a woman alone, and her own internal journey to self-acceptance. Mitra exposes the loneliness of travel while at the same time encountering fascinating people who bring friendship, eye opening revelations, and a love that rocks her heart. She analyzes her experiences from emotionally crushing obstacles to the easy openness of strangers through the perspective of yogic philosophy.

After deepening her yoga practice with her first teacher training ten years ago, Mitra has strived to be ever a student — a student of life, of yogic philosophy, and herself. She humbly shows her own foibles as well as little triumphs along the path and shares how yoga helped her grow out of a debilitating depression. She offers practical and simple (although not easy) ways to help yourself find balance and strive to walk in peace. She shares yogic philosophy effortlessly, entwining it in stories along the way.

For example, she discusses the concept of non-harming while buying a plug in contraption to kill mosquitos. She talks about her decision to lie on occasion as a means to protect herself as a woman alone. She shares her struggle between wanting to follow the yogic path but not wanting to become a monk and choosing to choose what aspects of the practice to follow. She candidly reveals her mistakes or her falling from the path and how falling, stumbling, or slipping doesn't need to stop you from continuing to climb the mountain.

Writing with a fearless and open heart, Djahariah Mitra allows us in to her intimate thoughts and feelings in a way that is truly relatable. Travelers will smile at common experiences, yogis will relish discussions they will have had themselves, and anyone who has been in love will relate to the roller coaster of emotions she jumps into. Everyone will take something away from this book, it inspires thought and satisfies with delicious descriptions.

“Mitra’s lyrical mix of devotion and critical analysis is truly revelatory...The fact that Mitra is able to overcome her obstacles is truly uplifting and makes for an inspirational journey. A compelling travelogue that earnestly maps a traveler’s heart and soul. —Kirkus Reviews

“Prolific and soul searching. The last pages of this book left me wanting more.” —Amazon Review

**5 Points of Interest about the Book’s Content:**

1. When you open to the world, the world opens to you.
2. Inspiring example of the struggle to live the path of yoga.
3. Eye opening study of vast cultural differences.
4. Overcoming the obstacles of traveling as a woman alone.
5. Allowing love in at any cost.

**Book Details and Purchase Information**

**Book Title: Dancing in the Bamboo Forest: A Travel Memoir**

**By: Djahariah Mitra**

**Published by: Dancing Tree Books**

**Available for Sale at: Amazon, Barnes and Noble, iBooks, Kobo, anywhere eBooks are sold**

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**Author Website:** <http://www.djahariahmitra.com>

**Author Twitter:** <https://twitter.com/DjahariahMitra>

**Author Goodreads:** [https://www.goodreads.com/author/show/8508983.Djahariah\\_Mitra](https://www.goodreads.com/author/show/8508983.Djahariah_Mitra)

## Bios for Djahariah Mitra

### 2-line bio:

Djahariah Mitra holds a Masters Degree from NYU in Humanities, has traveled the world extensively, and studied yoga for over 15 years.

### Short Bio:

Djahariah Mitra's BA in World, Arts & Cultures was a catalyst to traveling extensively and living in different countries. After her MA at NYU, she continued her study of culture and movement by delving deeper into yoga and becoming a teacher. She spent a year living in India studying yoga from asana classes to meditation and sanskrit chanting workshops. Mitra shares this experience in her memoir *Dancing in the Bamboo Forest*. She also blogs at [www.djahariahmitra.com](http://www.djahariahmitra.com).

### Medium Bio:

Djahariah Mitra began traveling at 3 years old, lucky to have parents with a connection to the world and the desire to satisfy the need to experience that connection. She chose the degree of World, Arts & Cultures at UCLA as a continuation of that interest and as a catalyst to travel extensively and live in different countries. After her Masters Degree at NYU, she continued her study of culture and movement by delving deeper into yoga and becoming a teacher. She spent a year living in India studying yoga from asana classes to meditation and sanskrit chanting workshops. Mitra shares this experience in her memoir *Dancing in the Bamboo Forest*. She also blogs at [www.djahariahmitra.com](http://www.djahariahmitra.com).

### Long Bio:

Djahariah Mitra began traveling at 3 years old, lucky to have parents with a connection to the world and the desire to satisfy the need to experience that connection. At age 11, while taking a cold bucket bath in Indonesia, Mitra was terrified as she lifted her towel and found a coiled snake sleepily looking up at her. She leapt over it, rushed across the hall to her room, flicked on the light and was literally shocked as her wet hand met with the electrical current. From then on, she was hooked on travel. She chose the degree of World, Arts & Cultures at UCLA as a continuation of her interest in the cultures of the world and as a catalyst to travel extensively and live in different countries. Money ran out often throughout her wonderings and her list is left unfulfilled.

While studying for her Masters Degree at NYU, Mitra fell into a depression and struggled with knowing her place in the world. Her oasis of peace amid the craziness of NYC was the Integral Yoga Institute, an ashram in the middle of the city. Needing a break from the intensity after graduating, Mitra left NYC for the quiet of the California coast. She hiked the redwood forests and learned to surf. She delved deeper into the practice of yoga and was drawn back to Integral Yoga to do her first yoga teacher training.

Inspired and feeling like a new person — lighter and more at peace — she began teaching immediately. She did a further training in Therapeutic Yoga to deepen her understanding of the healing powers of yoga. Her classes infused the Hatha asana practice with restorative poses as well as pranayama and meditation. Her next training while at the Integral Institute in India was co-taught by a Vinyasa instructor expanding her knowledge. She began incorporating Vinyasa flow into her classes, finding a balance between active movement and stillness.

While planning on only spending two months in India, Mitra couldn't leave, ultimately staying for a year. She found places to study dance, to learn Hindi, and experience yoga in India. She was initiated into a meditation practice that took her to a revelatory place. She studied chanting along the Ganges. She meditated in a cave.

She continues this focus in a blog about seeing the world through a yogic lens at [www.djahariahmitra.com](http://www.djahariahmitra.com).

## **5 Fun Facts You Didn't Know About Me:**

1. In highschool I worked at the Monterey Fairgrounds during all the summer festivals including the Blues Festival where I got to see the likes of Etta James live.
2. I studied auto mechanics in college to keep my '63 Chevy pickup running.
3. My 3-year-old thinks I make the best banana pancakes in the world.
4. I got my first job at 13 years old working in a chocolate shop.
5. I love to bake.

## **Sample Interview Questions**

### **Why/When/How did you start writing?**

As a child I read voraciously and secretly wrote poetry in my diary. In 8th grade English we were given an assignment to create a book from the story and illustrations to the actual physical book itself. I fell in love with the process. In high school I started writing steamy romances to pass around to my friends and realized how much I loved to write and how it allowed me to express myself in a unique way. I also realized I didn't know enough about story construction or plot and had a lot to learn.

### **How long did it take you to write this book?**

I lived in India for a year and started taking notes then. I spent several years writing when I came back to the US in between working to pay the rent. Then I spent another couple of years working with my editor and through the publishing process. So, longer than it should have I guess is the answer. But taking so long did give me the opportunity to detach from the experience, take more of an observer role, and write a better book.

### **Aren't all travel memoirs the same?**

I don't think so. One of the most important differences is the very different experiences men and women have depending on what culture they are visiting. Second is the personal nature of a memoir that can only reflect your own life experience and usually offers a candid look into a person's beliefs, past, and approach to life. Third is the intention with which they write - to share their story, to share a culture, to share a cathartic experience, to relate someone else's story. I enjoy memoirs that do more than one thing.

### **What makes your book stand out from the crowd?**

I think my descriptions of India are colorful and intriguing and give a real feel for the reader of being there. Going beyond the travel descriptions I share my experiences from a yogic perspective that is unique for a travel memoir. I didn't go to India as an escape from a trauma or life event, I went to study yoga and then found so much more. While the book is a memoir and is very personal and open, my purpose was always to find a way to make my experience relatable and valuable to the reader. I wanted to share a way to walk through the world, striving for peace, not just share my day to day diary entries.

### **What were your goals and intentions in this book, and how well do you feel you achieved them?**

My intention was to provide a basic guide to yogic philosophy through stories that illustrate their application in real life. I wanted to introduce the philosophy to those who don't know anything about yoga or who thought they did from limited exposure. I also wanted to go a bit deeper for those who already are familiar and provide a relatable example of someone just like them, someone struggling to follow the path. I think I achieved my goals from the feedback I received so far.

**For those interested in exploring the subject or theme of your book, where should they start?**

The best way to explore travel is of course to travel yourself. To explore the yogic themes I would find a book on Patanjali's Yoga Sutras and start there. There are many translations and explanations by revered teachers to choose from. I would flip through a few and find what speaks to you.

**Your book explores the choice you felt along the path of yoga of committing fully along the way to becoming a monk and not committing but remaining in a mundane world of work and family. Can you talk more about that?**

I felt when I was in India that I could devote myself completely to the spiritual life and find peace and contentment and fulfillment. I really was contemplating the life of a monk. At the same time I wasn't ready to give up on the idea of having a child. I knew having a child would throw me into a place of constant disquiet and mental disturbance that would create infinite obstacles to retaining peace and walking the path. It's really an either/or choice. A yes or no question. A big decision that affects the rest of your life.

**As a travel writer where are some of your favorite places?**

That's hard to narrow down. I learned early that our impression of a place is hugely colored by the people we meet there. For perfect beauty Sevilla, Spain. For collision of colonial past and independent present mixed with a palpable diversity from that rich history: Kochi, Kerala, India and Salvador, Bahia, Brazil. For balance between city living and wild natural beauty: Seattle, Washington, USA.

**How much research did you do before traveling to India?**

I read plenty of advice for women on how to not be harassed as much. That was my main concern traveling alone. I also planned my first entry to be at an ashram that would provide a soft landing and give me time to acclimate. I listened to everything local women told me and respected cultural expectations. After the initial culture shock I quickly found my feet and felt more free to begin to explore. I chose each place for the few cultural, historical, or spiritual interests to visit. That was just the springboard, my real education came through the people I met who I tried to give a voice to and share their perspective along the way. They provided my research. I rambled.

**What is the hardest thing about writing?**

The hardest thing for me is not having the time to write. As a single mom of a pre-schooler it is challenging finding not only time but energy to let the brain relax and be creative. For me, writing requires hours of sitting in one place, focused and uninterrupted (other than by my own procrastinations). I think the ebb and flow of the creative process is hard— one moment you are flowing and the next you are stranded on a sand bar until suddenly the tide comes in and you flow again. But you know something is happening in your brain it just isn't communicating with you yet. That's where the uninterrupted time is necessary because if you jar the brain out of the space of invisible rumination it stops and you lose whatever may have come. That frustration is the hardest thing about writing.

**What is the easiest thing about writing?**

The joy I feel writing is what makes it easy. And I decided long ago to not aspire to be more than I can be as a writer, I don't pressure myself to write like authors I admire or even come close to their brilliance. This freedom to accept how I write and like how I write makes writing feel easy.

**Do you write more by logic or intuition, or some combination of the two? Summarize your writing process.**

I think I start with a feeling — the mood, location, emotion of a character. Then scenes come and characters start to find a voice. I get vignettes or ideas out of order, like collecting scraps of paper. Then the bigger ideas start coming of how things fit together. And then lastly I focus on structure. I'm not good at working from an outline, the story comes together randomly and then I have to corral it.

**Any tips on how to get through the dreaded writer's block?**



Don't force it. If nothing of value is coming out and you feel like you are writing a finance report for a pharmaceutical company for a scientific journal with annotated citations... (my dread) then stop. Get some fresh air, drink some water, and move your body. Maybe dance to a song. I find music helps. Then work on something else. Do some free writing, start a short story, or write an unrelated character. Have fun. Then try again. The best way is to just not believe writer's block exists. Take the pressure away, the stress, the deadlines, the goals and then there is nothing to block.

**What are you reading right now? Are there any authors (living or dead) that you would name as influences?**

I'm reading Martha Gelhorn's *Travels with Myself and Another*. Authors that have always stayed with me are John Steinbeck, Toni Morrison, Maxine Hong Kingston, V.S. Naipaul, E.M. Forster — there really are too many. I am drawn to poetic writing where the words themselves evoke emotions, you feel you are participating in beauty by reading them.

**What projects are you working on at the present?**

I just finished a final draft of a screenplay I wrote with a partner, a romantic drama set in NYC amid the flamenco world. I'm working on another screenplay loosely based on my travels in Spain in my early 20s around the themes of love, loneliness, finding yourself, coming to terms with regret. I have been working on a novel for years, here and there, when I have time.

**Give us three facts about you we may not expect.**

- I started working at 13 years old in a chocolate shop and learned all about making truffles and candies. One day I would love to study pastry arts at a culinary school.
- I have had to date at least 20 jobs that I can think of ranging from coffee shop barista, to museum switchboard operator, to international trade administrator, to bookstore clerk, to yoga teacher.
- I went to 3 different colleges for undergrad (starting with St. Andrews University in Scotland) and through 11 different majors before ending up in the Dance Department at UCLA with a degree in World Arts & Cultures.

**Where are you and your writing available?**

Website which includes my blog: <http://djarahiahmitra.com>

Twitter: <https://twitter.com/DjarahiahMitra>

Goodreads: <https://www.goodreads.com/DjarahiahMitra>

Amazon: [http://www.amazon.com/Dancing-Bamboo-Forest-Travel-Memoir/dp/0996087605/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1423420395&sr=1-1&keywords=dancing+in+the+bamboo+forest](http://www.amazon.com/Dancing-Bamboo-Forest-Travel-Memoir/dp/0996087605/ref=sr_1_1?s=books&ie=UTF8&qid=1423420395&sr=1-1&keywords=dancing+in+the+bamboo+forest)

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