



## CALL FOR PAPERS Demeter Press

Seeking submissions for an edited collection entitled  
**Meditation Mamas: Intersections of Empowered Mothering,  
Mindfulness and Yoga Practices (Working Title)**

**Editors: Judith Mintz & Angie Deveau**

**Deadline for Abstracts: November 1, 2016**

Many yoga practitioners and meditators find that pregnancy, the postpartum period, and mothering places new challenges on their commitment to practice. While some parents strive to integrate their yoga and meditation practice into their mothering, others are constrained from time and lack of support. Arlie Hotherschild (1981) points out that domestic labour inequalities in partnerships place additional strain on a mother, particularly because of the high levels of emotional labour that raising a family demands. Meanwhile, Myla and Jon Kabat-Zinn (1997) urge parents to be particularly mindful of their children's emotional lives and material needs while somehow encouraging them to maintain a modicum of their own practice in order to benefit their parenting. The parenting becomes a dynamic, spiritually demanding practice, but how is a mother supposed to continue or even embark on a wellness and spiritual practice such as yoga and meditation when mothering is so demanding? How can mothers integrate their practices when there may be minimal support in the material world? What are the ways in which mothers negotiate limitations and demands in order to maintain their practice? Without selling these practices, this volume asks what can yoga and meditation do to support empowered mothering, or are they incompatible? Pieces from all personal experiences and disciplinary perspectives are welcome and encouraged. Submissions of scholarly work, research, poetry, personal narratives, fiction, and creative nonfiction about mothering, meditation, yoga and mindfulness will be considered. The editors want to create a body of work that uses intersectional feminist analysis in order to frame mothering in the context of yoga and meditation.

### **Topics may include (but are not limited to):**

mindful parenting; yoga and mothering; meditation and mothering; yoga teachers who are mothers; parenting the indigo child; holistic mothering (use of complimentary therapies); "natural" mothering (attachment parenting and voluntary simplicity); mothering and yoga for special needs children; yoga to "get through the day"; spiritual awakening and parenting; Kundalini yoga practices and parenting; mothering and herbalism; racialized mothers and yoga; poverty, mothering and yoga; yoga and reproductive health; yoga and reproductive justice; yoga and queer parenting; mothers and online yoga; yoga and "getting your body back"; moment to moment mothering; mindfulness in schools; kids' yoga; yoga for children with special needs; yoga and intergenerational relationships; mothering and running the yoga business; mothering, work, and yoga; maternal theory and yoga philosophy; yoga therapy and reproductive health; prenatal yoga; teaching yoga while pregnant; yoga and childbirth; midwifery and yoga; mom and baby yoga; analysis of Gita Iyengar's *Yoga: a Gem for Women* and mothering; and yoga literature and mothering.

### **Submission Guidelines:**

Abstracts/Proposal (350-500 words) with a 50-word biography due: November 1, 2016

Acceptances made by: January 15, 2016

Completed manuscripts (15-18 pages double-spaced with references in MLA format) are due:

Please note that acceptance will depend on the strength and fit of the final piece.

Please send inquiries and abstracts to editors:

Judith Mintz & Angie Deveau at [meditationmamademeter@gmail.com](mailto:meditationmamademeter@gmail.com)

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