YOGA+life magazine

SUBMISSION & STYLE GUIDE

Please include the following with your article submission.

- Imagery to accompany article. Images need to be high-res at 300dpi.
- Completed and signed Image/Art/Copy Release
- High-res headshot (300dpi)
- Short Bio (100 words or less)

Names of postures

- Do not capitalize.
- Italicize any Sanskrit names the first time they are used and give translation (can be in parentheses) if the context requires it.

Names of disciplines / systems / philosophies

- Do not capitalize "yoga," "tantra," or "ayurveda."
- Do capitalize "Sankhya."
- There's no need to italicize these names unless they're being defined.

Names of chakras

- Do not capitalize.
- Italicize name and give translation (e.g., "eyebrow center") the first time the name is used if context requires it.
- Chakra spellings: muladhara, svadhishthana, manipura, anahata, vishuddha or vishuddhi, ajna, sahasrara

Other Sanskrit terms

- The first time they are used, italicize them and give translation (can be in parentheses) except for familiar terms such as "asana" and "pranayama."

Referring to titles of books, scriptures, programs, videos, and articles

- Titles of articles and book chapters, when referred to in a line of text, should be in quotation marks. Example: I highly recommend "Five Tips for Better Sleep," an article by Felicia Yawn.
- Italicize all other titles (books, scriptures, programs, and videos) when they are referred to in text. Example: *I highly recommend the book Five Tips for Better Sleep by Felicia Yawn.*
- Note: It's *Yoga Sutra*, not *Yoga Sutras*.
- The words "Vedas" and "Upanishads" are not italicized, but the names of individual Vedas and Upanishads are. Examples: *Yajur Veda*, *Katha Upanishad*.

No comma before "and" in a series

- In a series of three or more items, do not use a comma before the "and." Often-cited example: "To my parents, Ayn Rand and God."

Spacing

- Leave only one space (not two) between sentences.
- No space between words and ellipses. For example: word...word

Dashes

- The dash that's often used instead of a comma or parentheses—to clarify or elaborate, as shown here, for example—is an "em" dash. To make it, type a word, no space, then [shift + option + -], no space, then the word after the dash; then hit the space bar.
- Another dash, the "en" dash, is shorter and is often used in writing dates and numbers. To make it, type a word, no space, then [option + -]

Communications / website-related terms

- We are using "email" and "eCourse" (without hyphens).
- We are including "www." before all web addresses.
- Also "iPhone" and "iPad."