



# INSIDE OUT YOGA

Sandra K & Joanne de Simone

Illustrated by Annette Lee

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*“INSIDE OUT YOGA” is illustrated with dynamic yoga poses and filled with thought-provoking inspirational messages and journal pages to chart personal reflections for a strong and healthy mind, body, and spirit.*

**Sandra K** is a Certified hot yoga instructor, actress, and talk show host, whose love for life, family, the art of the yoga practice, appreciating the beauty of Mother Nature, the greater outdoors, and the value of freedom have inspired this book. Sandra has enjoyed teaching yoga privately, in groups, at places of worship, and on the beach. She loves to share the overwhelming mental and physical benefits of the yoga practice with all. Sandra has donated her time to the North Shore Child and Family Guidance Center that is devoted to restoring and strengthening the emotional well-being of children and their families. Following a long, successful career as an executive in the garment center, Sandra enjoyed marketing her products live on QVC National Television. She has developed a one-woman show series, *Exit Strategy: An Evening with Sandra K*, which has been performed at the Southampton Cultural Center. Sandra hosts *Cafe with Sandra K* on LTV-EH, East Hampton public access television station. She attended the American Academy of Dramatic Arts and is a resident of Water Mill, N.Y.

**Joanne de Simone** was a writer, film historian, award-winning playwright, poet, and former film columnist for *Fire Island News*, whose work was featured in various publications and film journals. Her plays were produced in NYC festivals, and many of them may be viewed on YouTube. Joanne’s books are available in bookstores and online. She hosted *Notes & Notions from The Writing Desk* on East Hampton’s LTV-EH. She was a “script/prose/poetry doctor” for fellow writers and launched St. Rita & Archangel Metatron Arts League, a non-profit organization to inspire and encourage tweens and teens to follow their artistic endeavors. She also wrote children’s, young adult, and other adult books. Joanne passed away in May 2022.



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