

Thanks for your interest in writing for [mayks Yoga](#)!

Our mission is to provide yogis and non-yogis alike the knowledge and stories they need to attain a better understanding of yoga's roots and to honor yoga's inclusivity and diversity.

We are interested in the following formats and topics:

- **Personal essays** about how yoga has impacted you, yoga's inclusivity (or exclusivity), etc. Essays can be about any topic related to yoga, not just the physical asana (meditation, pranayama, eight limbs of yoga, a specific angle from the [yamas/niyamas](#) etc.)
- Though we're open to all essays related to the above, in particular, right now we're looking for essays around the general theme(s) of...
 - **Wellness at Work and #MentalHealthAwareness at Work:** How have you incorporated mindfulness in your day to day work? Has yoga helped you alleviate stress at work? Have you meditated at work? Has yoga helped clarify your career? Or your personal journey? Are you a manager and you use meditation at work to make your employees happier?

More details about the essays we're looking to publish

- Essays should be between 400-800 words though we might go for more or less depending on the story.
- Essays should be written in the first person. The stronger the angle/argument, the better.
- All essays are subject to editing.
- Some examples of essays that resonated with our readers are [here](#), [here](#), and [here](#).

We especially encourage BIPOC and LGBTQ+ folks to pitch us.

Does this opportunity pay?

- Yes! We pay \$15 per essay and can pay immediately via Venmo or Paypal after publication. We understand this isn't a lot, but we're new with minimal funding. This is a great way for new or unpublished writers to get a byline, a bio, and some social media promotion

Use [this form to pitch](#) and we'll be in touch. If you have any questions, please e-mail us at mayks.llc@gmail.com and subscribe [here](#). Please note: we only accept pitches via the form.