

# Always Moving

Poems by  
Sarah Herrington

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Please direct all inquiries to:

Editors, Bowery Books, 310 Bowery, New York, NY 10012

Email—Bowerybooks1@gmail.com

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To M, D, K

*What all writers ultimately do  
is pass on their breath.*

—Natalie Goldberg

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## About the Poet

Sarah Herrington is a big-apple farmer, dharma bum punk, urban yogi, poet, and writer. She was chosen by *O, The Oprah Magazine* as an “Up and Coming Poet” in the April, 2011 issue. Her poetry appears in the anthology *Bowery Women* (Bowery Books 2006) alongside writers such as Sapphire and Anne Waldman and her short young adult fiction in the anthology *Just Like a Girl*. She has published creative work in dozens of print and online journals, and has worked for Gotham Writers Workshop.

Sarah is passionate about encouraging voice in young people, especially young women, and has taught and mentored teen girl writers in New York City public schools through Girls Write Now and taught literacy and yoga for several years in an all-girls public school in Manhattan.

Also a dedicated yoga teacher and practitioner, Sarah has written about yoga for *MindBodyGreen*, *YogaCityNYC*, *NY Yoga* magazine, and a book on yoga for youth, *OM Schooled*, forthcoming from Addriya Press in Fall 2011.

Sarah is a graduate of NYU’s English and writing program and the Bowery Poetry Club’s Study Abroad on the Bowery. Having written all her life, her creative work is increasingly influenced by her practices of yoga and Buddhist meditation. This work is a collection of early New York City poems and a large love letter to the city and soul.

She can be found online at [www.sarahherrington.com](http://www.sarahherrington.com)