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Meditations from the Mat: Daily Reflections on the Path of Yoga

Rolf Gates, Katrina Kenison

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As more and more people in the West pursue yoga in its various forms, whether at traditional centers, in the high-powered atmosphere of sports clubs, or on their own, they begin to realize that far from being just another exercise routine, yoga is a discipline of the body *and* the mind.

The 365 meditations incluided in this book offer a way to integrate the mindfulness that yoga teaches into everyday life. Whether used in the morning to set the tone for the day, during yoga exercise itself, or at the end of the day, during evening reflection, **Meditations from the Mat** will support and enhance anyone's yoga journey.

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