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Meditations from the Mat by Rolf Gates Katrina Kenison

Meditations from the Mat invites you to come as you are, to support your own individual practice simply by taking a few quiet moments each day to connect with a teacher and with the best part of yourself. Although few of us manage to get to our yoga mats every day, we can still live our yoga we can take three minutes to read a page, learn something new, change our perspective, open our hearts.

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How to Choose a Meditation Mat 2019 Update

Many of them can double up for use as a yoga mat. Choosing your meditation mat. Meditation mats are often one of the first meditation accessories people buy when they start a regular meditation practice. A meditation mat helps to define your meditation space. These mats vary in thickness but most are very versatile. The thicker ones can be used on their own for sitting meditation and the thinner ones may combine with other meditation accessories such as a meditation cushion.

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your guide to meditation Mindful

and merging meditation practice with other activities, such as yoga or sports. When we meditate it doesn't help to fixate on the benefits, but rather to just do the practice, and yet there are benefits or no one would do it.

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Meditations from the Mat Daily Reflections on the Path of

I am savouring this book. I read one entry per day before meditation. The author walks us through the 8 limbs of yoga using examples and life lessons from his personal experience. Reading this book slowly helps me gain a deeper understanding of yoga and it helps me accept all aspects of myself.

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Meditations from the Mat Quotes by Rolf Gates Goodreads

Meditations from the Mat Quotes Showing 1-15 of 15 The real payoff of a yoga practice, I came to see, is not a perfect handstand or a deeper forward bend it is the newly born self that each day steps off the yoga mat and back into life.

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