

The book cover features a photograph of a wooden pavilion with a mat and a lantern. The pavilion has a wooden roof and pillars, and the mat is a dark color. The lantern is a small, dark, ornate object. The background shows a landscape with trees and a body of water under a blue sky.

Meditations
from the Mat

DAILY REFLECTIONS
ON THE PATH OF YOGA

By ROLF GATES *and* KATRINA KENISON

Rolf Gates

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



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The perfect gift to market mindfulness and health: 365 daily reflections offering a way to integrate the mindfulness that yoga teaches into everyday life, from the acclaimed yoga teacher, Rolf Gates. Meditations from the Mat and the mind. Whether used in the morning to create the tone for the day, during pilates itself, or by the end of the day, during evening reflection, the daily reflections in As more and more people in the West go after yoga in its several forms, whether at traditional centers, in the high-powered atmosphere of sports clubs, or on their own, they begin to recognize that far from being yet another exercise routine, yoga is a discipline of the body s yoga trip. will support and enhance anyone'



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Rather sad to have finished it! LOVE, LOVE, LOVED this publication. I really enjoyed reading it each day. Great for studying Yoga A great daily read Great book This book was necessary for my upcoming yoga teacher training. Entries appear to vary long from 1-3 pages. Having said that, this book is completely rife with flashes of brilliance. It gets on my nerves. I am who owns many 'daily reflections' books that I have fallen bored with over time. I don't possess a problem with his stating his personal belief and reference to God, but it begins to get repetitious and rather prescriptive. Furthermore, his AA background arises a little too often. Works ideal for me. The reason I give it four stars instead of five is because Gates has a little logorrhea when it comes to discussing God. I have re-read passages, used notes, and highlighted phrases unlike anything I have ever read. In case you are searching and practice yoga (or are thinking of adding yoga), I highly recommend it! It's not just about the asanas. I acknowledged more than a small familiarity with my very own yoga exercise experiences--both the high factors and frustrations. Furthermore, it certainly drives home the idea that while yoga is about creating a life-long practice and becoming introspective inside our practice, we also arrive to recognize the importance of community. I was a little sad at coming to the last page. I wanted it to go on forever. I'll definitely read it once again. Recommended. Interesting, intriguing, and impactful! This book exceeded my expectations. Gentle wisdom and exceptional ah-ha moments Lovely reserve, gentle, non-judgemental, perceptive wisdom. I loved the design of his writing, as well as the content material and format.. I highly recommend to those new to yoga or anyone who has been engrossed for years - I believe it could inspire all amounts/types of yoga exercise practitioners. That twelve step mentality seems a little out of put on event. My copy is put on and weathered. I acquired this book for approximately a 12 months before I actually started teaching a course myself. Yes, it leans, sometimes, on 12-stage philosophy and spiritual bent sometimes.. And the 12-stage phrases come directly out of the same bowl we in yoga are dipping, practicing these principles in every our affairs, or, focusing on principles over character. My students often relate and nod. I don't read a whole long point to them, I will paraphrase. Excellent rates and follow-up text message. I haven't finished it yet but up to now it is wonderful Great book Easy to check out guide Right on time. My copy is certainly weathered for a reason I am a kid of the 70's and 80's. Five Stars This is essential read! Simply sayin'. I continue to revisit it and it continues to inspire. What it really is, is merely a daily prompt for reflection. I pick the book up each morning and examine a whatever it really is for that day time (I don't make an effort to read more than the content for one day, it's usually just a couple of paragraphs, which take a minute or two to learn). I used to degrade information and cassette tapes back the day and this book is SO Great that it resembles the best albums of my youth. I don't think this book is limited to college students of yoga, but it can be an extremely useful device for them. It has been a great help for me, and my partner. It's like being on my mat, for the reason that that is my space and period where I get to consider how my practice extends from my mat into my life. It's great to have this everyday, and especially for the days past when I do not get on my mat. I recommend it. Daily Inspiration and Reflection This book sits next to "my" chair in the living room, and I pick it up daily for contemplation and inspiration. I confess to generally reading several entry at a time, but I know I am reading it over and over. Rolf has done a great work of combining the historic teachings of yoga exercises with inspiration from spiritual leaders of all faiths and people as well. It is obvious that he walks the path, and he shares his struggles and his insights with us. Even though he's a more accomplished yoga pupil and a far more learned yoga exercises scholar than I am, I feel as if we share a bond of longing and discovery. I cannot recommend it more highly for both

learners and teachers. It's just like a yoga fortune cookie you get to unwrap and . Wonderful, inspiring, and thought-provoking reserve.. I'm on day 8 and I'm loving this reserve. This one has drawn me back again and again. I read immediately after my practice, when I'm within my mellowest and then go about the day letting it percolate. Every entry possesses an epigraph (I am an enormous fan of epigraphs)and the access expounds upon that epigraph. Easy education of the Yamas and Niyamas, patterns to renounce or cultivate. Just a singular concept, musing, or value to get across and then you're done. This is the best book on how best to live yoga off the mat This is my favorite book on how to live yoga off the mat, as well as on. The thoughtful daily readings enable us to contemplate how exactly we can apply our practice to our daily life. Living your yoga exercises is indeed much more than just the physical practice of asanas. A nice daily reminder that now could be a good time to "pause in the pursuit of happiness and you need to be happy. Being only somewhat experienced in the physical aspects of yoga exercise, and being COMPLETELY inexperienced in the spiritual/philosophical aspects of yoga, I found this book to be extremely interesting and beneficial. They like it. I like that though, no longer winded diatribes. You don't have to be a yoga practitioner to reap the benefits of this book. I would recommend it whole-heartedly. This book quotes many people, an amazing array, appropriately.It offers me with a starting place for my day time, helps me think, opens up my brain, difficulties me, inspires me, but more importantly, allows me that point to simply end up being for just a few minutes. I was so surprised to see the one or two star reviews that I had to create one. I have shared many passages with my learners. Great Daily Tool Sure, some might express this book can be a little bit cheesy, or a weird browse, but it's amazing for what it really is. I highly recommend this publication. Namaste. It really is designed to be read one entry at a time (once a day time for a calendar year), but often I found myself reading ten or fifteen entries. It fits in with the Sutra we are on that week, or it ties in with a style, or one doesn't have to go through from the very same day.. But so will Patanjali and I am still trying to translate the god stuff into my own secular language. I recommend this book to anyone who wish to deepen their understanding of what this means to integrate their practice to their life. A fabulous addition to any meditation.Apollinaire) This is really my second copy as it makes for a great gift aswell... This book is a complete jewel! True love I really like this book. It's a jewel!moving the peace. Everyone knows that yoga is accessible to everyone irrespective of religious affiliation (or absence thereof). As a beginner yoga student, I came across that one and was skeptical - am i going to stick with it? It's like a yoga exercises fortune cookie you get to unwrap and digest every morning. It's very beneficial in talking about the yamas and niyamas. In fact, it discusses, at duration, all 8 limbs of the yogic path/self-discipline." (G. And I also get the sense the author walks the talk.



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