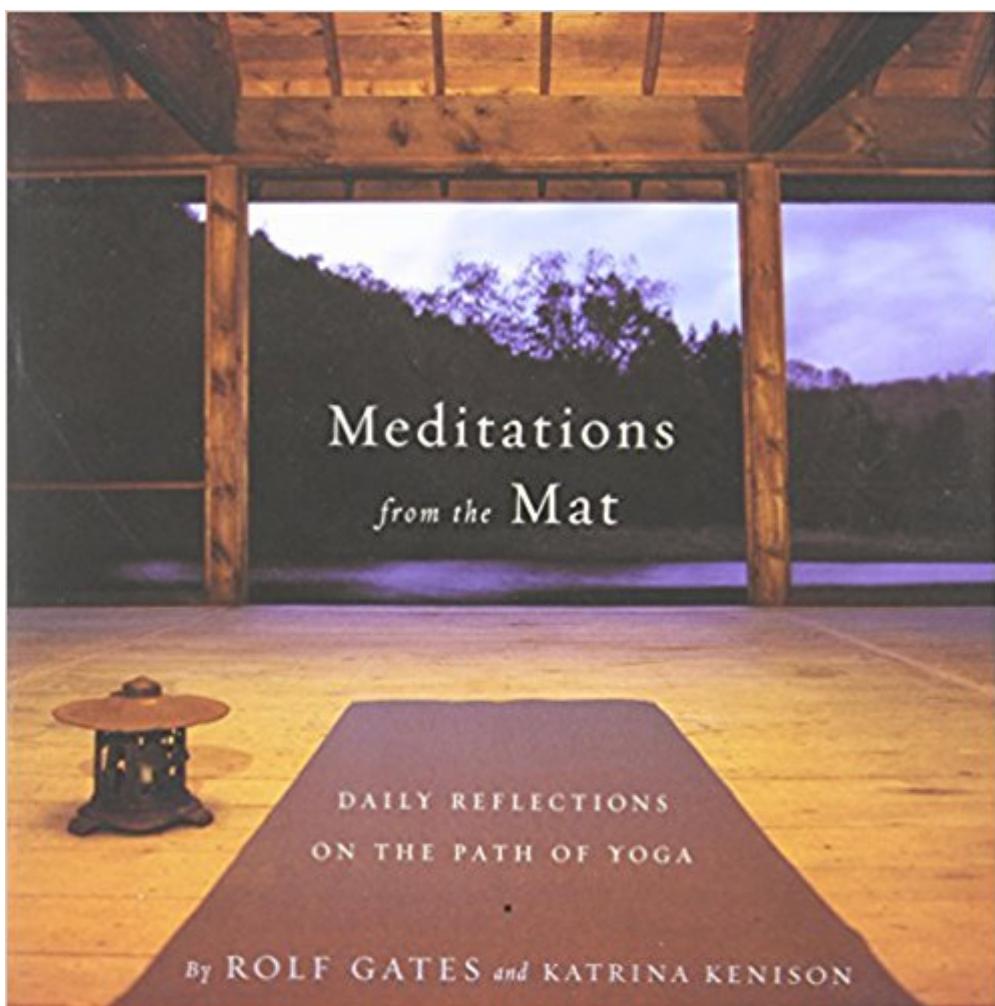


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# Meditations From The Mat: Daily Reflections On The Path Of Yoga



## Synopsis

365 daily reflections offering a way to integrate the mindfulness that yoga teaches into everyday life, from the acclaimed yoga teacher, Rolf Gates. 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 bodyÂ andÂ the mind.Â 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, the daily reflections inÂ Meditations from the MatÂ will support and enhance anyoneâ™s yoga journey.

## Book Information

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## Customer Reviews

This is a wonderful book of instructive and encouraging daily meditations centered on the practice of yoga. Gates synthesizes his experiences as a yoga student and teacher, former army ranger, and recovering alcoholic, and explores the practice of yoga in a fresh, relevant manner perfect for American readers. Each day's reflection begins with a thought-provoking quote and then explores one intriguing aspect of yoga philosophy. Gates weaves stories of his own remarkable healing and growth with the yoga sutras of Patanjali, and provides illuminating and moving explanations of how yoga teachings apply to real-life situations. With the help of accomplished writer Kenison, Gates succeeds in taking readers beyond the mat, and showing them how yoga works as a tool for transformation. Candid and engaging, Gates will inspire both readers currently practicing yoga and those who are thinking about it. Jane TumaCopyright Â© American Library Association. All rights reserved

âœUtterly different. . . . This is a wonderful (and inexpensive) book for people who are unhappy in their lives and are looking for a healthy way to find peace and a sense of coming home, day by day.â • "USA TodayâœMore than just cultivating more vibrant health, yoga is an evolutionary journey. This book reflects the deepening and expansive effect of a dedicated yoga practice.â • "Sifhar Jonathan Foust, President, Kripalu Center for Yoga and Health âœRolf Gates is an inspiring teacher who has written an inspiring book. A must for yoga teachers and students alike, *Meditations from the Mat* brings yoga theory into the 21st century and into our daily lives.â • "Baron Baptiste, author of *Journey Into Power*âœIn this free-spirited journey to the heart of yoga, Rolf guides us, through daily meditations, to finding the appropriate balance between standing firm and surrendering to flowâœthe key to peace of mind.â • "Beryl Bender Birch, author of *Power Yoga* and *Beyond Power Yoga*

I was so surprised to see the one or two star reviews that I had to write one. I had this book for about a year before I actually started teaching a class myself. Yes, it leans, sometimes, on 12-step philosophy and religious bent sometimes. But so does Patanjali and I am still trying to translate the god stuff into my own secular language. And the 12-step phrases come straight out of the same bowl we in yoga are dipping, practicing these principles in all our affairs, or, focusing on principles over personality. My students often relate and nod. I don't read an entire long thing to them, I will paraphrase. They like it. It fits in with the Sutra we are on that week, or it fits in with a theme, or one doesn't have to read from the exact same day. This book quotes many people, a wide variety, appropriately. And I also get the sense the author walks the talk. Just sayin'.

Outstanding read. This is one of the best books I have ever read, yoga or not. *Meditation from the Mat* is motivating, inspirational, spiritual and over all makes you think and ponder reassessment in your everyday life. I will continue to read this wondearful manual over and over. A+.

You don't need to read this in order, opening the book to any page at any given time will give you a meditative moment upon reading the text. Easy to read, very relatable topic, and highly significant for the modern reflective person.

This book is set up with 365 days of short meaningful chapters, ranging from 1/2 page to a couple of pages per day. It is perfect for a quick read in the morning, or before your practice. I find it very

grounding without having to set aside a lot of time.

I'm on day 8 and I'm loving this book. It's like a yoga fortune cookie you get to unwrap and digest every morning. I read right after my practice, when I'm at my mellowest and then go about the day letting it percolate. Entries seem to vary in length from 1-3 pages. I like that though, no long winded diatribes. Just a singular concept, musing, or value to get across and then you're done.

I took a yoga instructors advice and purchased this book to learn more about the other limbs of yoga besides just being focused on the asana aspect of the practice. Wow. I wasn't expecting how life changing this book has become for me. The authors in a very methodical way bring together the 8 limbs of yoga and why each is NECESSARY for the proper balanced practice of a yogi. I have recommended this book to numerous books and work through it on a regular basis. Simply life changing.

A gorgeous book, well written and just feels good to pick it up and read a few entries.

I was excited to receive this & a bit disappointed that it was highly religious & not easily transferable to yoga class themes.

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