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"Sama is my escape from the world, and a way for me to touch your daily lives in a meaningful way. It started off as a dream that I carefully and passionately nurtured; I love to see it growing into a reality"

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Meditations from the Mat by Rolf Gates Katrina Kenison

In Meditations from the Mat, the quotes also remind us that yoga is not an alien philosophy; rather, yoga helps us to remember what we already know. The quotes show that we are all practicing yoga all of the time. Yoga is the deep resonance of a great lyric; it is the essence of a grandmother's advice; it is in the galvanizing ethos of Ghandi or Martin Luther King Jr.; it is our mind reflecting God's mind over and over again. And we get glimpses of this in the quotes.

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It is a joy for me to share my yoga and meditation practice with my students. As a counselor I love being able to focus on the whole-student. This club has allowed me to teach socioemotional As a counselor I love being able to focus on the whole-student.

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Meditations from the Mat Daily Reflections on the Path of

Meditations from the Mat is one of the most meaningful and powerful books that I have ever read. As stated in the title, the author provides a daily reflection (365 in total) that includes a relevant quote and a personal story that helps the reader gain a deeper appreciation and understanding of how the 8 fold path of yoga applies to everyday life.

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Rolf Gates, author of two acclaimed books on yogic philosophy, Meditations from the Mat: Daily Reflections on the Path of Yoga and Meditations on Intention and Being: Daily Reflections on the Path of Yoga, Mindfulness, and Compassion, conducts yoga workshops, retreats, teacher trainings, and coaching and mentorship programs throughout the U.S. and abroad and online.

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Meditations from the Mat Daily Reflections on the Path of

Meditations from the Mat: Daily Reflections on the Path of Yoga [Rolf Gates, Katrina Kenison] on Amazon.com. *FREE* shipping on qualifying offers. 365 daily reflections offering a way to integrate the mindfulness that yoga teaches into everyday life

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Rumi meditation mat Natural Rubber Sunlight and Blended

The Rumi meditation mat is our woven cotton meditation mat. It has extra cushioning and is washable and foldable.. We keep the fibers under sunlight to give them time to cure. Natural rubber is extracted from the tree bark and applied at the bottom of the mat to give you a secure anti-slip layer.

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200hr Vinyasa Teacher Training Edward Health Fitness

Rolf Gates Books: Daily Reflections on Addiction, Yoga, and Getting Well. Deeply personal essays and daily prompts for self-reflection while healing from addiction and walking the road of recovery from the author of Meditations from the Mat and Meditations on Intention and Being.

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Meditations from the Mat Daily Reflections on the Path of

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