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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 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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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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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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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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Amazon com meditation mat

Awaken Higher Self LLC Awaken Meditation Hand/Machine Washable Round Zafu Zabuton Yoga Mat & Cushion Set Filled with Buckwheat - 100% Cotton (Black)

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Blood of the Beast

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The views of the author on informatics as an emerging science that interlinks algorithms, logical specifications, process calculi and numerous relevant mathematical areas, are presented.

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Sounds True Meditations on the Mat

Journey to the heart of yoga with acclaimed teacher Rolf Gates. Are you looking for deeper meaning in your yoga practice? In Meditations on the Mat, popular yoga teacher and trainer Rolf Gates shares a four-part audio program to bring you in touch with the heart of yoga.

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Meditations from the Mat Daily Reflections on the Path of

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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