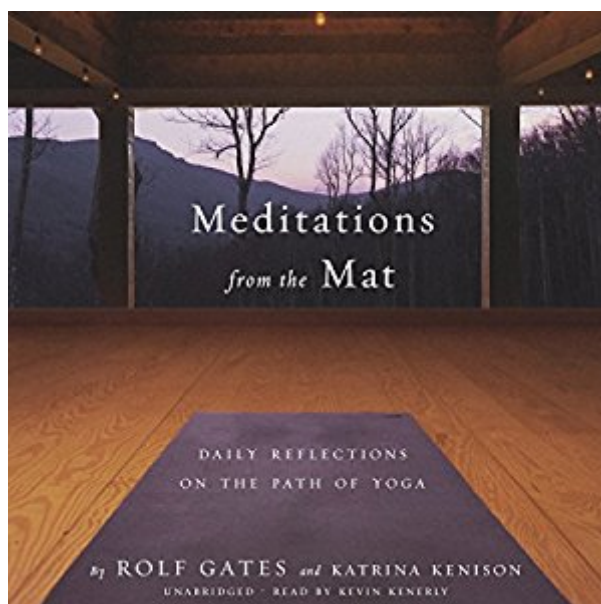


The book was found

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



Synopsis

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 body and the mind. The 365 meditations included in this book offer a way to integrate the mindfulness that yoga teaches into everyday life. 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, Meditations from the Mat will support and enhance anyone's yoga journey.

Book Information

Audible Audio Edition

Listening Length: 12 hours and 49 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Blackstone Audio, Inc.

Audible.com Release Date: September 4, 2015

Language: English

ASIN: B014WZYA6S

Best Sellers Rank: #19 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #91 in Books > Audible Audiobooks > Nonfiction > Reference #97 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

I expected to love this book. I even flipped through it in person before making the purchase. It is a great idea - handy, bite-sized dharma talks collected together in one book. In particular, I had intended to use the ideas as part of the inspirational themes I share when teaching yoga classes. However, once I took the book home and started reading, it didn't resonate with me. Just now I had to dig through the back of my closet, in the pile of books hidden behind the regular books, to find it. As I was perusing the chapters again for this review I realized my main beef. There are no descriptive, impactful images/stories. The principles are basic yoga and yoga related ones. But there is not a lot that catches your heart. A few parts are nice, but mostly it feels dry. In contrast, I thought of some of my old, favorite books that had even shorter entries, but left you inspired! As an example, even though it has been years since I read it, and I cannot think of the title or author at the moment, one of my old books gives the image of seeing a lone flower that had pushed up through a

crack in the cement. The author related that vision to blossoming even in the most challenging situations. That image STILL stays with me, and I have used it repeatedly when speaking with clients, who also found it moving. The authors of this book mention yamas, niyamas, and various important principles in yoga. But it is missing the emotional, descriptive side. I wish I could give it more stars. My exact rating is 3.5 but will bump it up to 4. I was pretty sad I bought it. Especially because I paid an inflated price to get it RIGHT THEN at the yoga studio (yoga principle of "aparigraha," AKA "don't be so grasping"), rather than hold out a few days and order it on .

[Download to continue reading...](#)

Meditations from the Mat: Daily Reflections on the Path of Yoga
Meditations on Intention and Being: Daily Reflections on the Path of Yoga, Mindfulness, and Compassion
Yoga Philosophy of Patanjali: Containing His Yoga Aphorisms with Vyasa's Commentary in Sanskrit and a Translation with Annotations Including Many Suggestions for the Practice of Yoga
Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics)
McGraw-Hill Education
MAT Miller Analogies Test, Third Edition (Mcgraw Hills Mat)
Cracking the MAT, 2nd Edition (Princeton Review: Cracking the MAT)
MAT (REA) -- The Best Test Preparation for the Miller Analogy Test: 5th Edition (Miller Analogies Test (MAT) Preparation)
Master the Mat 2001: Miller Analogies Test (Master the Mat: Miller Analogies Test, 8th ed)
MAT Secrets Study Guide: MAT Exam Review for the Miller Analogies Test
MAT Flashcard Study System: MAT Exam Practice Questions & Review for the Miller Analogies Test
MAT Practice Questions: MAT Practice Tests & Exam Review for the Miller Analogies Test
MAT Flashcard Study System: MAT Exam Practice Questions & Review for the Miller Analogies Test (Cards)
How to Prepare for the MAT: Miller Analogies Test (Barron's MAT)
MAT -- The Best Test Preparation for the Miller Analogies Test (Miller Analogies Test (MAT) Preparation)
MAT -- The Best Test Preparation for the Miller Analogies Test: 5th Edition (Miller Analogies Test (MAT) Preparation)
How to Prepare for the Mat: Miller Analogies Test (Barron's How to Prepare for the MAT)
Journey to the Heart: Daily Meditations on the Path to Freeing Your Soul
Going Om: Real Life Stories On and Off the Yoga Mat
Yoga Wisdom at Work: Finding Sanity Off the Mat and On the Job
Elizabeth Ann Seton: A Woman of Prayer : Meditations, Reflections, Prayers and Poems Taken from Her Writings

[Dmca](#)