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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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**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 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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**meditations from the mat daily reflections on the path of yoga**

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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