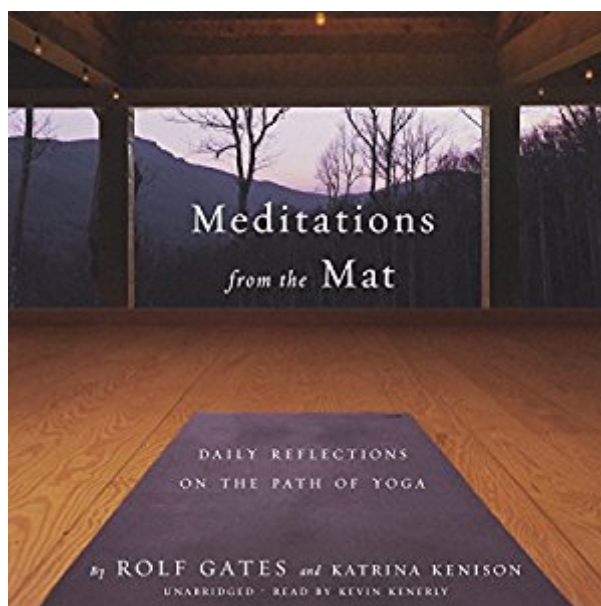


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# Meditations From The Mat: Daily Reflections On The Path Of Yoga



## 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

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## 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 .

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