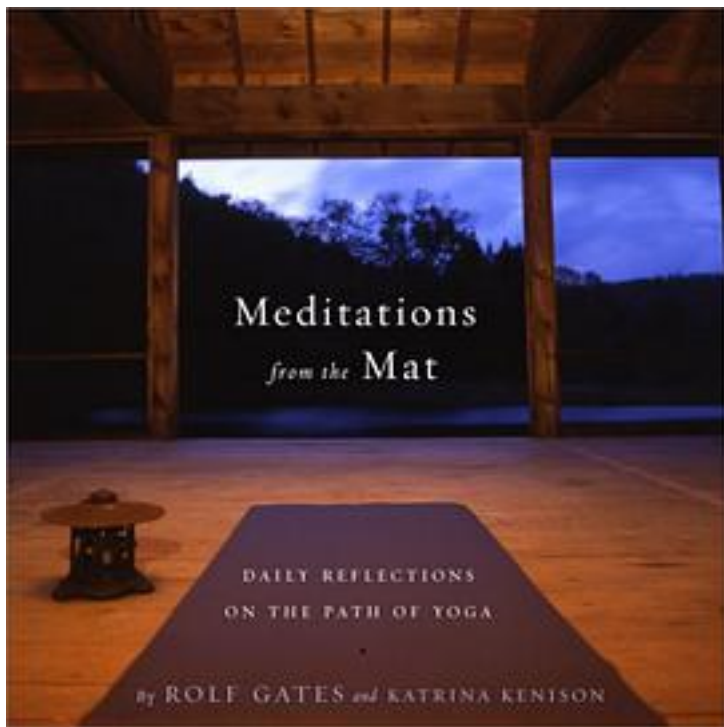


# Meditations from the Mat



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AN ANCHOR BOOKS ORIGINAL

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.

作者介绍:

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评论

将yoga和冥想的理论和经验分享一篇篇的小文章. 很值得推荐的书

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