



# Meditations from the mat

*Rolf Gates , Katrina Kenison*

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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.

## Meditations from the mat Details

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# **From Reader Review Meditations from the mat for online ebook**

## **Reanee Spratt says**

This book is a masterpiece. Rolf Gates shares with us his personal yoga journey and gives us great inspirations for our yoga journey.

Rolf uses quotes and gives fine examples from his own life how yoga has worked for him and improved his life. He spirit shines and inspires. He is candid and engaging.

I teach yoga and sometimes you just want a bit of yoga to read...and that is what he has given us here. Small important daily readings which are easily digested. Some could be incorporated in Savasana readings in class.

Namaste,  
Reanee

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## **Cydney says**

I started reading this over a year ago, just as I was about to begin yoga teacher training. This is a book that I will refer to over and over again.

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## **Shevon Quijano says**

Meditations from the Mat is a compilation of essays by Rolf Gates exploring the principles of yoga, practical tips, and encouragement for continued practice. He explores the eight limbs of yoga in depth using personal experiences as a yoga convert, his history of alcoholism, and his current life as a yoga teacher and studio owner to shed light on the application of these principles. Although this book was meant to be read over the course of a year I read it all at once which has a particular benefit: the ability to absorb the spirit of yoga all at once.

The truth is not outside of myself. It is inside and this spiritual journey is the continual process of uncovering the true me. My soul is pure and good at its core and only through showing up consistently and sincerely will I gain more understanding of myself, the universe, God, and the spirit of love.

Some of my favorite quotes from this book were:

Thank you for bringing me here.

Do a little yoga a lot rather than a lot of yoga a little.

Focus on one Yama a day for ten days during asana, pranayama, and dhyana.

Find mentors (in person and/or in books)

Everything is already okay. I just need to see it.

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## **John Rogers says**

Excellent book!

Definitely a book that I will listen to several (if not many) times.

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## **Alejandra says**

This book looked very promising and I was truly hoping to read something about yoga that didn't end up taking me down that religion path that lately all these books seem to do. There are some good entries here and there; but mostly it's too holy for my taste. Some of us like our yoga religion free and each passing day it's harder and harder to find someone who has this vision as well. All in all it's a meh read.

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## **Dan Secor says**

First a disclaimer - I am not an active yoga practitioner. I recently participated in a weekend beginner's yoga retreat at Kripalu that emphasized gentle techniques but even that was rough on my bad knees. However, this book is so much more than a yoga treatise - it is meant to supplement a yoga practice but is a daily meditation aid in it's own right. And a profound one at that. I own many volumes that help to supplement my meditation practice but this one quickly became my favorite. It even makes me want to give yoga another shot!

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## **Stephanie Spence says**

Rolf Gates is an excellent example of approachable, knowledgeable and loving. I first met Rolf years ago when I was doing my first Yoga Road Trip, traveling up the west coast of the U S in an RV interviewing yoga teachers every day. I had bought his book on the recommendation of a friend, wondering what in the world I had in common with this guy. I couldn't put the book down, then on my second pass I opened it once per day for a year. This book was part of the inspiration for my forthcoming book and I'm so honored that Rolf has written the forward for my book. This should be on every bookshelf. It's so much more than just a book about yoga.

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## **Brandi says**

LOVE, LOVE, LOVED this book. I really enjoyed reading it every day. It is designed to be read one entry at a time (once a day for a year), but often I found myself reading ten or fifteen entries. Every entry comes with an epigraph (I am a huge fan of epigraphs).

The reason I give it four stars instead of five is because Gates has a little bit of loggorehea when it comes to discussing God. It gets on my nerves. Everyone knows that yoga is accessible to everyone regardless of religious affiliation (or lack thereof). I don't have a problem with his stating his own belief and connection with God, but it starts to get repetitious and rather prescriptive. Furthermore, his AA background comes up a

little too often. That twelve step mentality seems a little out of place on occasion. That said, this book is absolutely rife with flashes of brilliance. It's very informative in discussing the yamas and niyamas. In fact, it discusses, at length, all 8 limbs of the yogic path/discipline. It's not just about the asanas. I recognized more than a little familiarity with my own yoga experiences--both the high points and frustrations. Furthermore, it really drives home the point that while yoga is about developing a life-long practice and becoming introspective in our practice, we also come to recognize the importance of community. I will definitely read it again.

Recommended.

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## **Rachel says**

Great gift for yoga beginners- just nothing super deep or transformative, and nothing to re-read or revisit, really.

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## **Rat de bibliothèque says**

If you do your daily yoga and then read this book afterwards you feel even more of a sense of calm than you would have before. Even if you don't daily practice yoga you can see and feel differences in your attitude and mental health.

Everyone can benefit from "Meditations from the Mat". Each chapter takes you through a section of the eight limbed path of yoga. Over the course of a year the author (Rolf Gates) walks you through his personal meditations as well as educates you using the eight limbed path (the eight limbed path is a plan for living that flows from action, to knowledge, to liberation - the ultimate goal being liberation, freeing yourself from all that inhibits and hold you down).

The eight limbed path consists of the yamas (the five moral restraints: ahimsa - nonviolence, satya - truthfulness, asteya - nonstealing, brahmacharya - nonhoarding), the niyamas (the five observances - saucha - purity, santosa - contentment, tapas - zeal and austerity, svadhyaya - self study, isvara pranidhana - devotion to a higher power), the asana (postures), pranayama (mindful breathing), pratyahara (turning inward), dharana (concentration), dhyana (meditation), and samadhi (union of the self with object of meditation). There is a helpful outline of the eight limbed wheel in the first few pages (I like to make notes next to it).

No other yoga book out there that I have seen is quite like this one. The author is a yoga teacher who began teaching looking at yoga purely as a fitness thing who later learned that it is a way of life (and to some, afterlife). You could compare its format to that of teen study bible, it's very day by day (but the author states that reading a few a day rather than just one will not hinder your benefiting from his words).

Each day also has a wonderful quote to accompany the lesson and just adds to your fire for yoga and to learn more. Yoga is a fire you can never put out that burns deep within you once you light it. Pick up the torch.

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## **Eva says**

This book is such a fabulous support to me in my yoga practice. Reading an excerpt or two a day keeps me

feeling energized and inspired! Sometimes when I don't feel like practicing yoga one day, I pick up the book and after reading a few entries I have found the motivation I need.

The wisdom that Rolf Gates imparts is definitely NOT just for people who practice yoga, but for anyone who is interested in living a life of balance and compassion towards others.

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### **Sarah says**

This book is one I love to revisit for spiritual reminders and motivation. It is simple, personal, and beautiful.

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### **Abby says**

With years of teaching yoga, studio management, addiction recovery and years in the US Military under his belt, Rolf Gates shares the wisdom of yoga in this amazing book. Each day starts off with a thought-provoking quote that Gates then explores in the following short paragraphs. Insightful, wise and immediately applicable, even non-yoga students will be the richer for reading a page or two of this book.

#### **Why I Picked It Up:**

I went to an evening yoga seminar last year that was led by Rolf Gates. His very presence was incredible to be around. I wanted to learn not only more about the man, but he made me want to learn more about yoga.

#### **Who Else Would Like this Book:**

My "LaurenS": Lauren Saraiva, if it's not already on her bookshelf. Lauren Smedly, because I think she'd like learning more of the theory and philosophy and this is a great way to learn it!

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### **Dawnie says**

I'm somewhat cheating on this book simply for the fact that it is a year commitment and has a daily meditation for 365 days. My goal is to continue with this daily. I've been at it about a week and have reviewed the whole book, though not read every daily meditation and am thoroughly enjoying it!

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### **John Leemhuis says**

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.

I cannot tell you how many times I read these reflections and was stunned by how directly the author's words connected with a situation confronting me in my life.

If yoga is part of your life, this book will help give your practice greater depth and meaning.

Thank you Rolf Gates!

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