

## **MEDITATIONS FROM THE MAT**



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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

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