

MEDITATIONS ON THE MAT



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BY WHAT AUTHORITY? (January 19) (Mat 26:28 NIV) This is my blood of the covenant, which is poured out for many for the forgiveness of sins. It is an interesting thing that Jesus Christ went around in his earthly ministry saying, Your sins

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See pictures and learn about our studio. Monmouth Beach Yoga & Wellness has been voted the BEST in Monmouth County by Monmouth Health & Life BEST OF MONMOUTH COUNTY READERS' AWARDS 5 Years In a ROW, The BEST OF Asbury Park PRes Press Readers Choice in 2015, Best of NEW JERSEY New Jersey Monthly 2017 & 5 Stars from kidgooroo!

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Week Two Mindful Movement Meditation. Listen to the meditation [HERE](#) (may take 10 seconds to begin downloading): About the Meditation. If you have lived with pain, illness or stress for some time, you will find the gentle free-flowing movements of the Mindful Movement meditation especially useful.

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