

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

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### **MEDITATIONS FROM THE MAT: DAILY REFLECTIONS ON THE PATH OF ...**

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*Fri, 18 May 2012 23:57:00 GMT*

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*Tue, 02 Feb 2016 23:54:00 GMT*

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**MEDITATIONS ON INTENTION AND BEING: DAILY REFLECTIONS ON ...**

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*Wed, 17 May 2017 10:11:00 GMT*

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*Tue, 09 May 2017 02:14:00 GMT*

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