



Voices from the Mat: Yoga Poems and Meditations (Paperback)

By Kat Sawyer

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This small pocket book fits right in your purse, so whenever you need to energize your mind, body or soul, you ll have the necessary inspiration at your fingertips. Yoga Poems and Meditations is a collection of 40 poetic observations - some playful, some profound - all springing from the heart of the lotus. This work is separated into four sections: Musings - explores the process Morsels - provides juicy little bites of wisdom Mirth - reminds us to laugh Meanderings - invites a deeper more mystical inquiry The author is a Yoga instructor who has used these prose as opening meditations for her students and sometimes has reflected on the writings for her own spiritual relaxation. So why don t you treat yourself to these inspirational gems? Better yet, pick up a copy for a loved one or special friend.



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