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How to Choose a Meditation Cushion

Meditation cushions or pillows, yoga blankets, yoga bolsters, and other props can greatly improve your posture and comfort level during meditation. As with any practice, whether construction or cooking, meditation requires the proper tools to ensure a successful practice session.

Sounds True - Meditations on the Mat

In Meditations on the Mat, popular yoga teacher and trainer Rolf Gates shares a four-part audio program to bring you in touch with the heart of yoga. Through guided meditations, skillful exercises, and down-to-earth teachings, Gates will help you attune to the spiritual dimensions of yoga on the cushion, on the mat, and throughout everyday life.

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Zabuton Meditation Mat. The foundation cushion for your zafu (round sitting cushion) or meditation bench. A zabuton (pron. zah'boo-tawn) provides essential cushioning for your ankles and knees when sitting cross-legged on a zafu or on a meditation bench. Years of Zen Center living have gone into the design of this mat. Eight pounds of cotton batting are stuffed into a muslin cover and tufted.

Types of Meditation - Amazon S3

Types of Meditation An Overview Of 23 Meditation Techniques Ok, so you know that meditation has dozens of benefits, and everybody is doing it.

21 Mantras for Meditation - Programming Life

21 Mantras for Meditation Aum , Om : Sanskrit/Hindu, meaning It Is or To Become . This is considered most sacred in that tradition and to have the vibration of intention manifesting in the physical realm, or more simply the vibration of the universal consciousness.

200hr Vinyasa Teacher Training Edward Health & Fitness ...

Rolf Gates Books: Daily Reflections on Addiction, Yoga, and Getting Well. Deeply personal essays and daily prompts for self-reflection while healing from addiction and walking the road of recovery from the author of Meditations from the Mat and Meditations on Intention and Being.