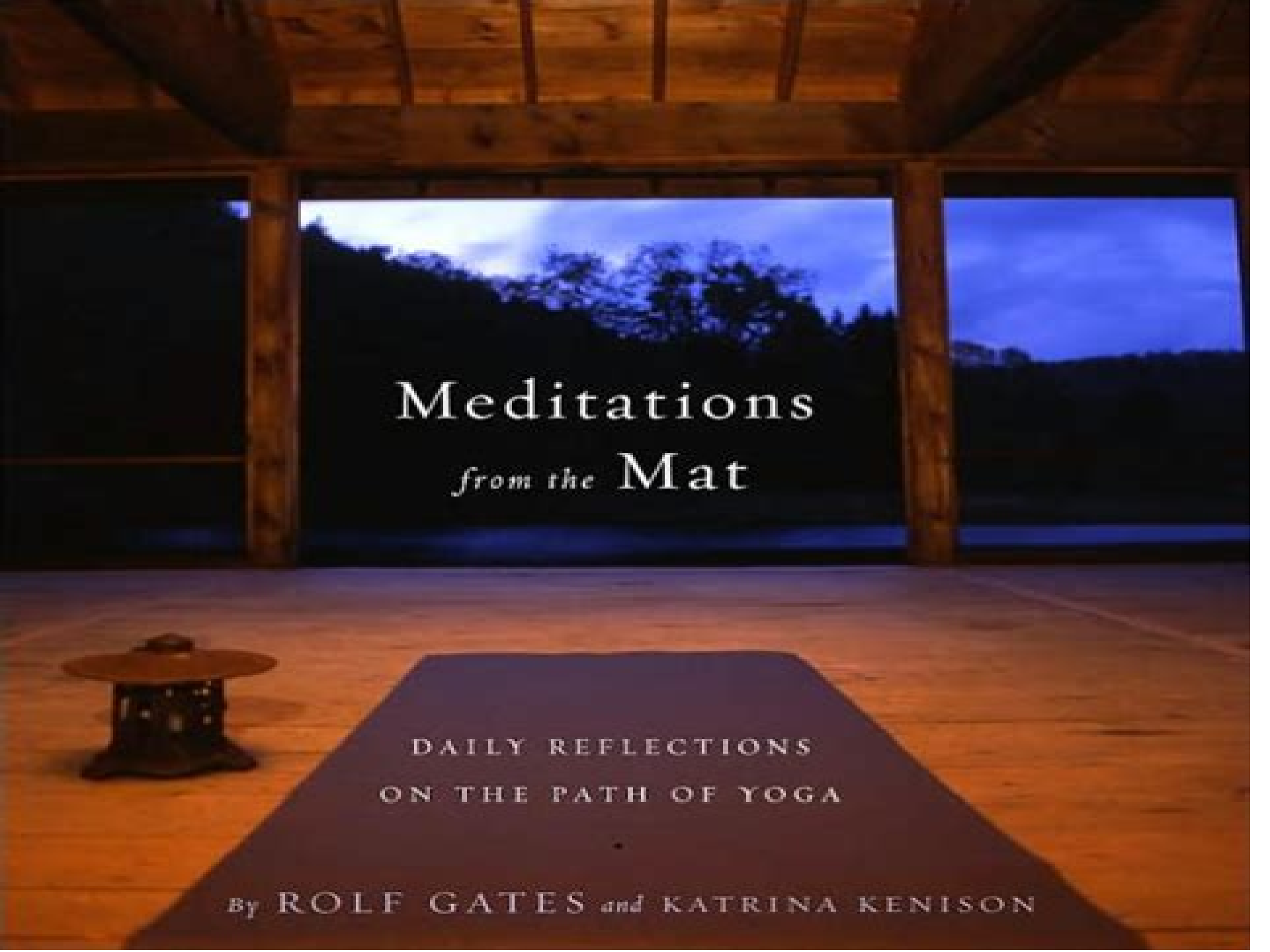


The background of the entire image is a photograph of a wooden structure, possibly a pavilion or a large porch, with a flat wooden floor. In the foreground, a dark blue yoga mat is laid out on the floor. To the left of the mat, there is a small, ornate, dark-colored metal lantern. The structure has large open windows that look out onto a landscape at dusk or dawn. The sky is a deep blue with some white clouds. In the distance, there are dark silhouettes of trees and a body of water, likely a lake or a wide river. The overall atmosphere is peaceful and contemplative.

Meditations

from the Mat

DAILY REFLECTIONS
ON THE PATH OF YOGA

By ROLF GATES *and* KATRINA KENISON

Barnes And Noble Yoga Mat

N Colangelo



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