

# Meditation for Yoga Lovers

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## Synopsis

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When we approach meditation as a wide-open embrace of life, we can let our bodies be our best meditation teachers. Created for yoga practitioners and everyone else, *Meditation for Yoga Lovers* invites you to join Lorin Roche to leap into a meditation practice unique to you (because it will naturally unfold from the rich tapestry of your own experience in the moment).

With a poetic delivery and the wisdom of 40 years of teaching and practicing, Lorin describes the central skills of yoga meditation, including non-judgment, finding focus, tuning in to your inner world, the spirit of adventure, and more. Then he opens up the meditator's toolkit to share a series of guided exercises.

"Connectedness is the sacred function of meditation," explains Lorin Roche, "because it is a time that we give ourselves to weave together and coordinate all of the elements of our being." *Meditation for Yoga Lovers* welcomes you to the beautiful art of inner connection with your own essence and life itself.

## Reader's comments

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