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In *Meditations on Intention and Being*, acclaimed yoga teacher Rolf Gates draws on twenty years of teaching experience to explore and explain how to take the mindfulness of yoga off the mat and integrate it into every aspect of life.

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Meditations on Intention and Being: Daily Reflections on the Path of Yoga, Mindfulness, and Compassion. An excerpt from the most recent book by Rolf Gates, one of modern yoga's leading voices. By Rolf Gates. Photo via iStock. Rolf Gates is an author and yoga teacher, and Wanderlust festival presenter. His first book, *Meditations from the Mat* (2002) was received to critical acclaim.

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