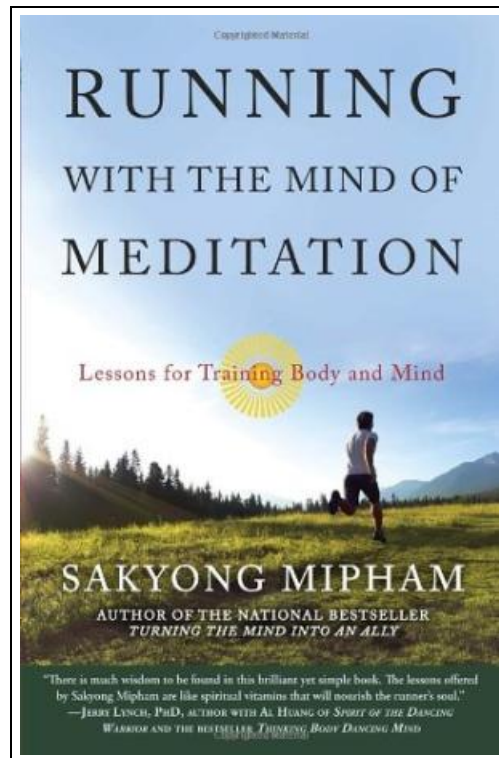


## Running with the Mind of Meditation: Lessons for Training Body and Mind



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## RUNNING WITH THE MIND OF MEDITATION: LESSONS FOR TRAINING BODY AND MIND



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Random House USA Inc, United States, 2013. Paperback. Book Condition: New. Reprint. 196 x 130 mm. Language: English . Brand New Book. A unique fitness program from a highly respected spiritual leader that blends physical and spiritual practice for everyone - regardless of age, spiritual background, or ability - to great benefits for both body and soul. As a Tibetan lama and leader of Shambhala (an international community of 165 meditation centers), Sakyong Mipham has found physical activity to be essential for spiritual well-being. He s been trained in horsemanship and martial arts but has a special love for running. Here he incorporates his spiritual practice with running, presenting basic meditation instruction and fundamental principles he has developed. Even though both activities can be complicated, the lessons here are simple and designed to show how the melding of internal practice with physical movement can be used by anyone - regardless of age, spiritual background, or ability - to benefit body and soul. From the Hardcover edition.



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