

# Encounters in Yoga and Zen

*author: Trevor Leggett*

---

2026-06

## Synopsis

---

authori¼š	Trevor Leggett
readByi¼š	Jonathan Keeble, Madeleine Brolly, Judith Clark, Gerard McDermott
inLanguagei¼š	english

Gleaned from the author's experiences over many years of yoga and Zen training, as well as from conversations with teachers, folk stories and temple magazines, this is a fascinating and enlightening compendium of tales from the yoga and Zen traditions. Stories such as these are used in many spiritual schools' teaching - they're the flint or steel that makes the spark which, when nurtured daily, fires the imagination, heralding enlightenment and insight.

## Reader's comments

---

comment 1:

â€"â€" ()