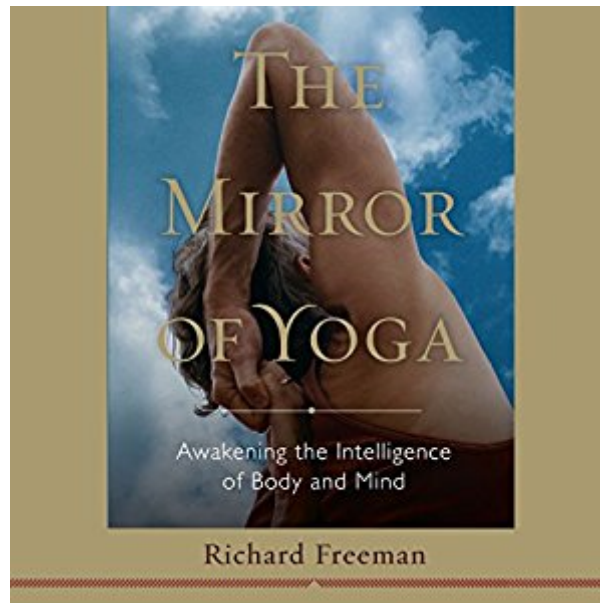




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# **The Mirror Of Yoga: Awakening The Intelligence Of Body And Mind**



## Synopsis

The world of yoga is astonishingly rich in its array of schools and practices. Yet, as diverse as they seem, they share a common aim: the discovery of the essence of existence that can be found at the core of our being, and the liberation that comes from that discovery. With this worthy goal in mind, Richard Freeman presents an enlightening overview of the many teachings, practices, and scriptures that serve as the basis for all the schools of yoga - hatha, bhakti, jnana, karma, tantra, and others. He shows how the myriad forms are ultimately related, and can even be perceived to make up a vast, interpenetrating matrix, symbolizing the unity, profundity, and beauty of the ancient tradition. Richard's wide-ranging discussion includes the Upanisads and Samkhya philosophies, the Yoga Sutra of Patanjali, the eight limbs of astanga yoga, the process and purpose of hatha yoga, and much more. He also explores the role of the guru, chanting, meditation, and the yogic imperative of offering service to others. All of this is applied to the actual practice, giving the reader the tools to digest and apply the wealth of information to daily life. The Mirror of Yoga will be a welcome resource to all yogis who wish to better practice the profound philosophy underlying their practice.

## Book Information

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## Customer Reviews

Richard Freeman is a wonderful, highly experienced teacher of Eastern tradition. In this book, he discusses the eight limbs of yoga and how one can apply them directly to life. He also tells many stories about the history of yoga. Many of these stories I have chosen to share with my own students in the yoga studio, which were very well received. This is one of those rare books that I

come back to time and time again. A true gem in my yoga library. Many thanks to Mr.Freeman for this offering.

Heavy reading, and required for 200 hr Yoga training

Essential read for any serious yoga student or meditator. Beautiful, dense and full of poignant paragraphs and lines that invigorate the soul.

Definitely worth reading for anyone interested in exploring yoga in depth. However, it's a dense read, and I found myself re-reading areas over and over again to fully grasp everything (as well as for the new vocabulary). That's a plus, however, as I feel too often books only skim the surface.

This book is a modern classic. It is both eloquent and elegantly written from the heart. It has such depth that every time you read it you discover more layers in the text. Richard Freeman epitomizes the modern yogi and scholar. His commentaries on the Gita and the Yoga Sutras, make them immediate and accessible. Probably the most important book on yoga philosophy, from his generation, and completely written from the heart.

This is wonderfully written, but one must want to really read deeply as the flow is deep.

great book!

This book is a page turner! It is dense with information and history but so readable and enlightening. It is one step ahead of all my questions and thoughts.Bravo Richard Freeman!

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