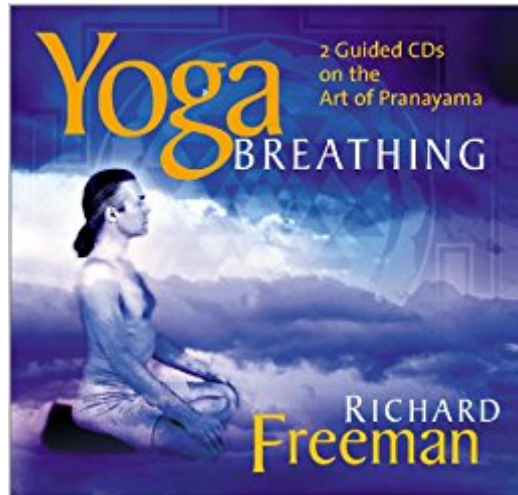




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# Yoga Breathing



## Synopsis

When The Sanskrit word pranayama means "to release life energy from its bounds." When practiced correctly, this powerful form of yogic breathwork has the ability to reveal the intricate web of your thoughts, physiology, and energetic patterns-to quiet your mind and heighten receptivity-and to open you to "the intrinsic radiance of Being." On Yoga Breathing, Richard Freeman, director of the Yoga Workshop in Boulder, Colorado, invites you to learn the essential principles and techniques of pranayama, including: How to identify and observe your "internal breath" \* Dristi gazing/breathwork to tap into your body's central energetic axis \* Ujjayi breathing to free prana (your life energy) "The tree of breath" practice Specific guidance for lying and seated pranayama, and much more. Every breath you take, teaches Freeman, can serve as a guiding thread into the depths of yoga-a place of freedom and immediacy of awareness that begins on the practice mat and gradually extends into each moment of your life. Yoga Breathing distills the secrets of this essential inner work into two complete home practice sessions designed to guide you, breath by breath, to greater vitality and health.

## Book Information

Audio CD

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## Customer Reviews

This is original material, not available in print.

A featured teacher at the Yoga Journal Yoga Conferences, Richard Freeman has been a student of yoga since 1968. He has spent more than nine years in Asia studying a variety of yoga disciplines. A long-time student of K. Pattabhi Jois of Mysore, India, Freeman is the creator of popular videos on

ashtanga yoga and is the director of the Yoga Workshop in Boulder, CO.

This is an excellent audio about tuning into the subtle feelings and adjustments that are necessary. Wonderful voice. Obviously coming from deep experience as both a practitioner and teacher.

I love this CD. It is very professional and well done. It brings simple concepts to life in easy to use instructions that have a dramatic impact on stress-relief, relaxation, and over-all health.

excellent cd for practicing your breathing...Opens you up to your life force(prana)...I highly recommend it to anyone who wants to breath deeply and fully...Life turns you upside down so you can live right side up...Namaste Dolby"Desire: the pen of a poet & the heart of a lover with intuitive wisdom!"[...]

Very relaxing, just what I wanted

Nice CD

The title is Yoga Breathing but it is about focusing the mind and bringing forth the life force. I gave copies to my three adult sons.

Mr Freeman is just the very best, he is so knowledgeable. He is able to speak, and write, in ways that are easy to understand, and he discusses ideas that are very difficult at times, still you can grasp them. I am on disk one. His voice alone makes you relaxed and open. The breathing exercises I've done are excellent. I feel energized, happy and comforted somehow after.

I didn't like it because the instructions were to lie on the floor on my back. Getting up would be a big problem for my old joints.

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