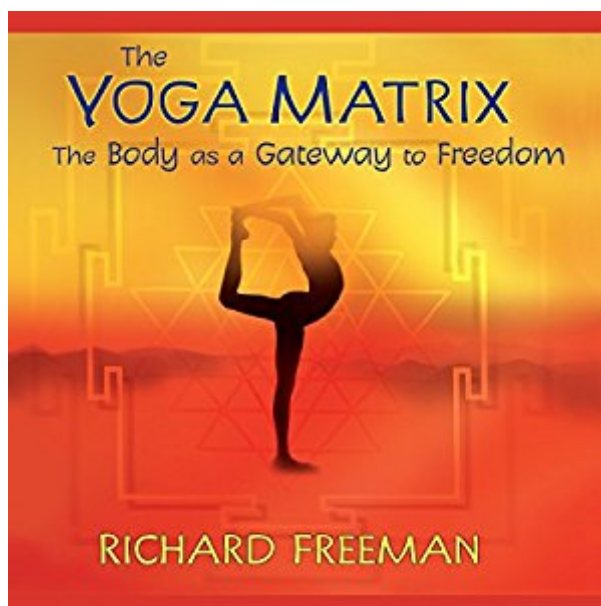


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# The Yoga Matrix: The Body As A Gateway To Freedom



## Synopsis

Within the Yoga Sutra, an ancient text about the practice of yoga, only two verses mention asanas, or the postures we commonly associate with yoga in the West. Patanjali, the legendary sage and author of this 2,250-year-old work, was concerned not solely with physical development or even mental development. In fact the original purpose of yoga was - and remains - to function as a complete spiritual path where the body serves as a gateway to enlightenment. In *The Yoga Matrix*, the renowned instructor Richard Freeman immerses us in the rich teachings and sutras that inform the many schools of yoga and reveals how the body can serve as the ultimate laboratory, temple, and place of pilgrimage for spiritual inquiry. Looking back 5,000 years, Freeman uncovers the living roots of yoga philosophy and observes how they have grown into many schools, techniques, and philosophies that are united by a vast, interpenetrating matrix that holds the key to understanding yoga's full depth and greater purpose. Freeman first traveled to India in 1968, where he began a lifetime of study with the living masters of yoga and its mysteries. Now he teaches these authentic lessons and their original subtleties, with the questions and concerns of the serious Western student in mind. What is the yogic view of reality? Why was yoga first developed? How is progress traditionally measured? What are the principles of working with the body's subtle energy? Where do I start? From profound concepts at the center of this ancient cosmic philosophy to the cherished teaching stories and chants that enrich its daily practice, here is a complete audio curriculum with the power to catalyze your daily yoga practice.

## Book Information

Audible Audio Edition

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## Customer Reviews

Richard's well well rounded, broad based, super grounded presentation is invaluable to anyone interested in a deeper understanding and meaning of yoga. The material is spiritual without new age fluff or ego getting in the way. Priceless.

I have been working on my yoga practice for over 30 years. I have read many books on the subject over the years. I found this CD set to be a great addition to my library. Mr. Freeman does a wonderful job of distilling the many threads of yogic philosophy into a very digestible form. I have loaded it onto my iPod, and listen to it as I am out and about. If you are interested in what goes on behind Yoga. This is for you. I could not recommend it more.

I LOVE this audiobook. Richard Freeman talks about all of the aspects of yoga, from its ancient roots in the Samhkya religion, to the Vedas, the Gita, the Gunas, and on and on ---- and relates it to our practice in everyday life simply and beautifully. As a new yoga teacher, I found this book to be an excellent tool for thinking about yoga and absorbing the teachings into my life in a different way, that I can keep coming back to. His voice is very smooth and soothing, and some listeners may be so soothed that the message slips right over them and puts them into a trance. I found it quite lovely but it does take some focus to keep on track.

This is an outstanding purchase, without artifice and jargon. Highly recommended for the ever-expanding Yoga community and other seekers as well.

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