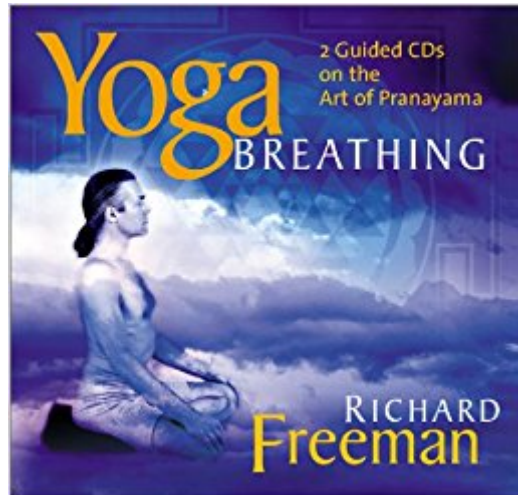




Ebook Directory
the best source of ebook

The book was found

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

Publisher: Sounds True, Incorporated; Unabridged edition (July 2002)

Language: English

ISBN-10: 156455984X

ISBN-13: 978-1564559845

Product Dimensions: 0.5 x 5.8 x 5 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 14 customer reviews

Best Sellers Rank: #1,265,795 in Books (See Top 100 in Books) #110 in [Books > Books on CD](#) > Health, Mind & Body > Fitness #577 in [Books > Books on CD](#) > Health, Mind & Body > General #1178 in [Books > Books on CD](#) > Nonfiction

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.

[Download to continue reading...](#)

Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm

Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) Breathing Free: The 5-day Breathing Programme That Can Change Your Life Breathing: Breathing Techniques: For Happiness and Healthy Living (For Anxiety, Stress, Energy, Focus, Depression) Barely Breathing (The Breathing Series, Book 2) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) Yoga Beats Asthma: Simple exercises and breathing techniques to relieve asthma and respiratory disorders A Life Worth Breathing: A Yoga Master's Handbook of Strength, Grace, and Healing

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)