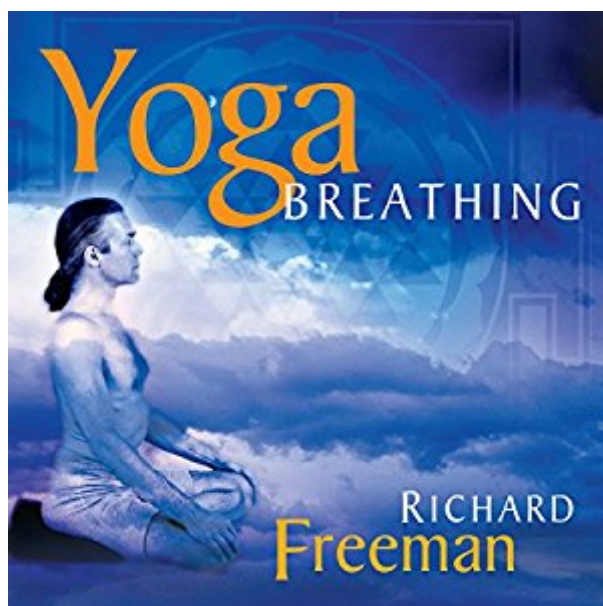


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# Yoga Breathing: Guided Instructions On The Art Of Pranayama



## Synopsis

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 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. Note: Excerpted from the full-length audio course Yoga Matrix.

## Book Information

Audible Audio Edition

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## Customer Reviews

Only after listening 15 minutes something inside seemed to shift, a peaceful stillness came naturally...the instructions are so profound...probably the best on pranayama available...after CD 1 my posture found a natural new balance. Even after 10 years of experience with Qi Gong, Tao, mindfulness meditation, yoga and Mind/Body Medicine I feel as a beginner with the depth of this CD. What I really like is the mindfulness approach: not forcing anything but rather creating space

through listening: listening to the breath ( allowing it s true nature to unfold) as a first step to also listen to the sensations and feelings ( connected with patterns of thought and images in the mind)that arise...it is about giving space and freedom to what is there and yourself; exploring and allowing the essence of yourself to open...I highly recommended it...

My son sent this after a heart attack and I was afraid it would be too overwhelming. With a little adjustment I would not miss my 20 minutes every day with this wonderful addition to my life. It has raised my consciouness immensely. I consider Yoga Breathing and my son a true blessing. Thank you Richard Freeman with the absolutely heavenly voice.

Yoga Breathing.The Yoga MatrixEverything by Freeman is excellent. You can get it without hesitation. That goes also for his Yoga Matrix.He is serious, honest, clear, well balanced, pleasant to listen to. His undouted knowledge and feeling for what he teaches, makes it effortless. Moreover he speaks with a warm voice, clearly & simply, well timed, with nice pauses, making difficult topics accessible even to beginners. He does not linger on a subject too long, so it is easy to concentrate. As a teacher I appreciate his teaching. If you want to go deeper on subjects you will have more reading to do.

There NEEDS to be a visual guide (website, video, manual) that shows the physical poses. I had a very difficult time visualizing the poses and feeling confident that I was doing them correctly. Related to that narration is very smooth and soothing, but is nonchalant assuming that you CAN easily follow along. After watching very great, detailed step-by-step videos by Paul Grilley, Rodney & Colleen Yee, among others, I find this a big disappointment. Looking for instructional and visual guidance.

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.

The biggest problem with this audio talk is just that, it's an audio talk. We miss the physical movements, the benefits of the postures with the breathing, and the helpful visual cues to what is going on. On top of that, there was way too much repetition.This two hour talk could mostly be summed up thus: release tension, allow the breath to be, keep the heart open, listen to the breath, extend the space within, deepen the sacral vacuum, awaken and flow through the core of our being, enjoy the pleasant/light quality of pranayama, and keep the roof of the mouth and back of the throat

soft, radiant, and luminous. One good thing coming from Yoga Breathing is a few different visualizations and techniques that help soften and open the mind/heart/body towards appreciating breathing more. As a side note, I watched a six minute YouTube video of Freeman giving a talk on pranayama, and I would dare say, I learned more from that video than listening to this two hour talk. Freeman is an amazing yogi. I would suggest you watch and work with his Ashtanga Yoga series which does a lot better job of sharing his pranayamic teachings.

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.

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