



The Yoga Matrix: The Body As a Gateway to Freedom

Richard Freeman

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Within the YOGA SUTRA, an ancient text on the practice of yoga, only two verses mention "asanas" -- 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, or even mental, development, but also with spiritual 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.

On 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" which holds the key to understanding yoga's full depth and greater purpose.

Highlights of THE YOGA MATRIX include:

Yoga, nondualism, and the present moment

How the major schools of yoga relate to one another

The Jeweled Net of Indra and the metapattern of the yoga matrix

Your body: its surprising place in the yoga matrix

Asanas: "containers" for meditation practice

Nadis: the body's "rivers of energy"

Kundalini energy and how it awakens

Five Element Theory: its application to yoga

The Sankhya System: from solid earth to transparent mind

The "nectar of Tantra"

The nine obstacles to yoga practice and how to overcome them

Yamas and Niyamas: yoga's core moral precepts

The "ultimate guru"

More than eight hours of chants, divine lore, and advanced yoga teachings

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, THE YOGA MATRIX presents a complete audio curriculum with the power to catalyze your daily yoga practice.

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