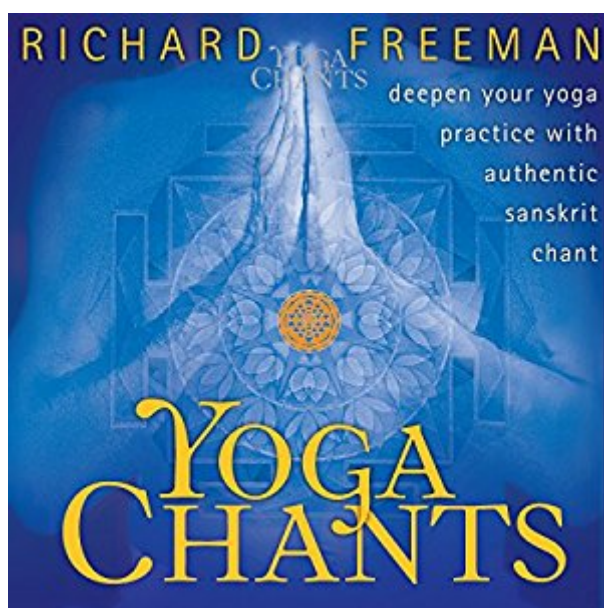


The book was found

Yoga Chants: Deepen Your Yoga Practice With Authentic Sanskrit Chant



Synopsis

Perhaps no one is more qualified to offer a program on the practice of both yoga and chant than Richard Freeman, who lived in India for nearly a decade mastering Sanskrit chant and how it can complement and enrich the practice of yoga. Now he shares the fruits of his intensive study with Yoga Chants, an instructional program on the authentic meaning, precise pronunciation, and yogic application of traditional Sanskrit chant. Drawing from the Upanishads and other classical yoga texts, Yoga Chants helps listeners invoke the sacred, find deeper meaning and empowerment in their yoga practice, and reach the ultimate goal of all yoga - namely liberation. Through commentary on the literal translation and modern understanding of the chants, and featuring the opportunity to participate in call-and-response chants of several Sanskrit mantras, Yoga Chants presents: Why chant completes yoga practice in a way no pose alone can The science of sacred sound - proven physiological effects of chant Ancient chants from India for overcoming delusion, cultivating peace and prosperity, awakening insight into the happiness of pure Being, and much more With Yoga Chants, listeners are invited to join world-renowned expert Richard Freeman for a session they can revisit time and again, to bring voice into harmony with body in an ever-deepening experience of realization and freedom.

Book Information

Audible Audio Edition

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Customer Reviews

This is a super helpful and informative album. I had a super hard time with the opening invocation but learned it well after a couple weeks of diligent work with this CD. There are a lot of other really neat chants to learn on the album as well. I'm basically just a familiar with asana, but am learning a

lot more about the practice, or at least being introduced to it, with this work.

Richard Freeman's great voice and pronunciation of words make this not only beautiful to listen to but a good learning tool.

Not what I was expecting.

This is a GREAT 2 cd set of a chant workshop. Chanting can be daunting for many yogis and teachers. Richard breaks it down for you, includes a lot of his personality and gives you something very approachable. It's the next best thing to being at a workshop in person (plus more affordable!)

Richard Freeman provides authoritative step-by-step guidance on how to chant, making it accessible to everyone. His knowledge of both sanskrit pronunciation and the meaning of the chants provides a deeper understanding of the purpose of chanting.

This two-disc offering is a wonderful chanting aid. Richard Freeman is so easy to listen to, and I especially like his commentary about the chants. It is beautifully done, and would be an important addition to the library of any yoga practitioner.

Great to listen to in the car while driving. Freeman has a very even voice and has obviously put a lot of study into the chants and the best way(s) to remember them. Good for yoga students as well.

My wife was expecting a different style of chants.

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