



The Mirror of Yoga: Awakening the Intelligence of Body and Mind

Richard Freeman

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The world of yoga is astonishingly rich in its array of schools and practices. Yet as diverse as they seem, they share a common aim: the discovery of the essence of existence that can be found at the core of our being, and the liberation that comes from that discovery. With this worthy goal in mind, Richard Freeman presents an enlightening overview of the many teachings, practices, and scriptures that serve as the basis for all the schools of yoga—hatha, bhakti, jnana, karma, tantra, and others. He shows how the myriad forms are ultimately related and can even be perceived to make up a vast, interpenetrating matrix, symbolizing the unity, profundity, and beauty of the ancient tradition.

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