



## Freeing the Body, Freeing the Mind: Writings on the Connections between Yoga and Buddhism

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# Freeing the Body, Freeing the Mind: Writings on the Connections between Yoga and Buddhism

## **Freeing the Body, Freeing the Mind: Writings on the Connections between Yoga and Buddhism**

In this collection of provocative essays by prominent teachers of Yoga and Buddhism, the common ground of these two ancient traditions becomes clear. Michael Stone has brought together a group of intriguing voices to show how Buddhism and Yoga share the same roots, the same values, and the same spiritual goals. The themes addressed here are rich and varied, yet the essays all weave together the common threads between the traditions that offer guidance toward spiritual freedom and genuine realization.

Contributors include Ajahn Amaro Bhikkhu, Shosan Victoria Austin, Frank Jude Boccio, Christopher Key Chapple, Ari Goldfield and Rose Taylor, Chip Hartranft, Roshi Pat Enkyo O'Hara, Sarah Powers, Eido Shimano Roshi, Jill Satterfield, Mu Soeng, Michael Stone, and Robert Thurman.

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