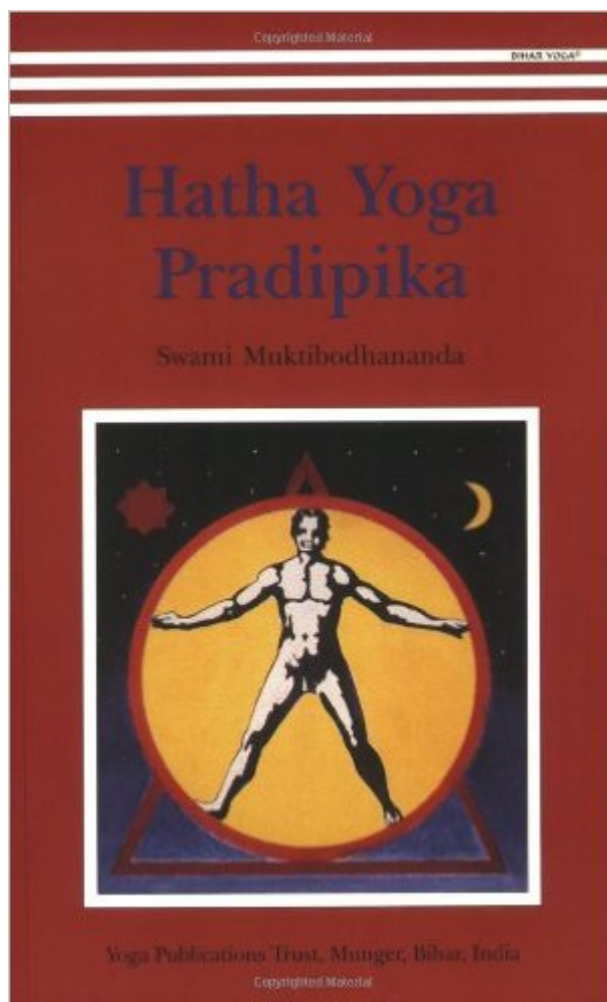


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# Hatha Yoga Pradipika



## Synopsis

Hatha Yoga Pradipika (Light on Hatha Yoga) includes the original Sanskrit text compiled by Maharshi Swatmarama with a translation and thorough commentary in English by Swami Satyananda and Swami Muktibodhananda. This text elucidates the entire science of hatha yoga (asana, pranayama, shatkarma, mudra and bandha) as it was conceived and practised not only for health and fitness but for awakening the vital energies: pranas, chakras and kundalini shakti. It points out that hatha yoga is not just a physical practice but a process of cellular transmutation from gross to subtle to divine. Thus hatha yoga was considered to be the foundation of all higher yogas. Line drawings and diagrams illustrate the text.

## Book Information

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## Customer Reviews

If you are familiar with the Bihar School of Yoga text, you will know how wonderful their books and insights are. Their research stems not only from a spiritual point of view but from a scientific and medical one. I had only the mildest of thought of what I might find in this text as I was purchasing it. I figured it would be an in-depth book on the religious aspects of the system we know as Yoga. Was I mistaken... Here I found a work so compelling and utterly educating. I can not understand why I hadn't purchased this book earlier. On my quest to understand Yoga and why I do the asana's, pranayama's, mudra's and meditation, I came into contact with the Bihar School of Yoga's great work Asana Pranayama Mudra Bandha/2008 Fourth Revised Edition and was blown away. Then came several more books from this school. Every one of these books have taught me something more than what I could ever hope to find on the internet. I delved further into learning true Yoga.

This book is no different. Each text in here begins with the original sanskrit writing. Then follows the english translation of the sanskrit. Lastly, but in no way less important, follows the translation and expansion of these great writings by Swami Satyananda and Swami Muktibodhananda, giving insight on how things can be done in today's world owing to dramatic change of living and the spreading of these teachings all over the world, adapting it to everyone's personal situation. Throughout they suggest that a guru is obtained to walk you through the changes and insights you will likely experience while practicing.

Hatha Yoga Pradipika is the oldest surviving text on hatha yoga, written possibly in 15th century CE by Swatmarama. The most-widely cited and quoted text on yoga, Patanjali's Yoga Sutras, was written several centuries earlier. Hatha Yoga Pradipika is as essential as the Yoga Sutras. This translation and commentary by Swami Muktibodhananda of the Bihar School of Yoga is on the reading lists at most yoga centers. The Sanskrit text is translated and then followed through with a detailed, informative commentary. This is the most comprehensive, clearest, modern commentary on Hatha Yoga Pradipika. The history of yoga given at the beginning of the book, Swamiji on Hatha Yoga, clarifies much confusion. Understanding this history may help remove the tension and rivalry that exist between hatha yogis and raja yogis. Hatha Yoga Pradipika itself is fairly clear on what it means by hatha and raja. Hatha Yoga Pradipika consists of four stages: asanas (15 are named and described), shatkarma kriyas and pranayamas, mudras, bandhas. The physical postures of asanas activate the vital life force prana. The cleansing practices of shatkarma kriyas clean the body of toxins. The breathing practices of pranayamas purify the energy channels and balance prana. Hand gestures, called mudras, activate certain pressure points to channel the prana. Yogic locks, called bandhas, draw prana up to higher energy centers called chakras. This self-contained book describes everything generously, with detailed instructions so the reader has all the information on the theory as well as clear directions (with line diagrams) on the practice. Reference to another book or source is not necessary. The purpose of these stages is to prepare the body for the awakening of spiritual energy, called kundalini.

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