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~~Hatha Yoga~~
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The Hatha Yoga

Pradipika is a
medieval scripture
written in 1350.

The Nath Yogi
Swatmarama is the
author. The
meaning of the title
is interesting to
consider if one
wishes to begin to

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Understand the
book 's content.
Pradipika means
“ light ” or “ to
illuminate ” , ha
means “ sun ” , tha
means “ moon ” and
yoga or yug means
to “ join ” .

~~The Hatha Yoga
Pradipika~~

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Genre/Form:
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Translations (form)
Additional Physical
Format: Online
version:

Sv tm r ma,
Swami. Hatha yoga
pradipika. [New
York, AMS Press,
1974]

~~The Hatha yoga
pradipika (Book,
1974)~~
~~[WorldCat.org]~~

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Hatha Yoga

the classic work on Hatha Yoga—the book you are holding in your hands. An Indian yogi named Svamī Muktibodhananda wrote the Hatha Yoga Pradipika in the fifteenth century C.E. Next to nothing is known about him, although his name may provide a clue.

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It means “one who delights in one’s Atman,” indicating the achievement of a state of bliss.

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Pradipika free PDF
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Swami
Muktibodhananda
was born in
Melbourne in 1959.
She moved to India

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Pradipika
Swami Muktibodhananda

at the age of
seventeen, and
lived with her guru,
Swami Satyananda
Saraswati. She has
conducted
extensive research
into Swara Yoga as
well as Hatha Yoga
Pradipika. Swami
Muktibodhananda
Saraswathi moved
back to Melbourne
in 1985, where she

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Melbourne Yoga
Therapy Centre.

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Her second

publication, Hatha

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Light on Hatha

Yoga, consists of a

thorough

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commentary on
each Sanskrit verse
with English
translation. The
original 15th
century Hatha Yoga
Pradipika, written
by Yogi
Swatmarama, is like
a yoga ' bible ' of
this science. Most
modern day yoga
practices are based
on it.

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Pradipika

~~About — muktibodha
nanda retreats canada
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The Hatha Yoga
Pradipika was
composed by
Svami Sivananda in
the 15th century as
a compilation of the
earlier hatha yoga
texts.

Svami Sivananda
incorporates older

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Sanskrit concepts into his synthesis. He introduces his system as a preparatory stage for physical purification before higher meditation or Raja Yoga.

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~~Pradipika~~
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~~Hatha Yoga~~

~~Pradipika—Kindle~~

~~edition by~~

~~Muktibodhananda ...~~

Swami

Muktibodhananda

Saraswati I found

yoga in 1972 as an

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adjunct to classical
ballet and soon
realised that the
major benefits of
yoga practise for
me were at an
emotional and
psychological level.

Swami
~~Muktibodhananda~~
~~Saraswati - SYTA~~
Swami
Muktibodhananda

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Pradipika
Swami Muktibodhananda

was born in Melbourne in 1959. She moved to India at the age of seventeen, and lived with her guru, Swami Satyananda Saraswati. She has conducted extensive research into Swara Yoga as well as Hatha Yoga Pradipika. Swami Muktibodhananda

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Saraswathi moved back to Melbourne in 1985, where she set up the Melbourne Yoga Therapy Centre.

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started her yoga journey in 1972. She later studied under the direct guidance of Paramahansa Swami Satyananda for 10 years in India. During this time she authored and had published 'Swara Yoga, the Tantric Science of Brain Breathing' and

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Commentaries on
'Hatha Yoga
Pradipika, the Light
on Hatha Yoga'.

~~SWAMI MUKTIBO
DHANANDA—
Zama Yoga &
Pilates Studios †
Yoga ...~~

Drawing from hatha,
swara and bhakti
yoga, Muktibodha
Retreats are

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designed for practitioners of all levels who want to deepen the experience of wisdom and love in their lives. Swami Muktibodhananda Saraswati was designated as a Yogacharya (Living Master of Yoga) in 1993 by Swami Niranjanananda of

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the Bihar School of
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Hatha Yoga

Mungar, India 1998
ed.): Chapter 1:
Asana “ Overeating,
exertion,
talkativeness,
adhering to rules,
being in the
company of
common people and
unsteadiness
(wavering mind)
are the six causes
which destroy
yoga. ”

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Asana “Overeating,

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exertion,
talkativeness,
adhering to rules,
being in the
company of
common people and
unsteadiness
(wavering mind)
are the six causes
which destroy
yoga. ” 1:15

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commentary sheds light on the ancient scripture, Hatha Yoga Pradipika, dispelling the confusion and misinformation that permeated the world of Hatha Yoga today. Shri Yogi Hari, a world-renowned Yogi from the Sivananda lineage, a venerable

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Rishi, beloved Guru and perfected Master of Hatha, Nada and Raja Yoga, has selflessly dedicated his life to bringing the ancient mystical knowledge of Yoga to humanity until now. Also included are inspiring pictures of Shri Yogi Hari performing various

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Asanas and Mudras
with detailed
descriptions and
easy-to-follow
instructions on how
to get into such
poses.

Swara Yoga is the
ancient science of
pranic body
rhythms which
explains how the
movement of prana

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can be controlled by manipulation of the breath. Recently, modern science has taken great interest in electromagnetic fields and the behaviour of bioenergy, which is the inherent energy principle of the body. With exciting development accelerating in such

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areas as
bioenergetics,
psychotronics and
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swara yoga is now
in great demand.

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and production standards. It ' s for people who practice Yoga and for anyone with an interest in health and fitness, philosophy, religion, spirituality, mysticism, or meditation.

The Hatha Yoga
Pradipika is an

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ancient text used by Yogis to create the power. This is one of the earliest treatises on Hatha Yoga; all the modern books are based on it. This book is intended as an aid for those who wish to learn the advance practices of Hatha (Kundalini) Yoga

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from a qualified teacher. It is suggested that it also be used in conjunction with Complete Illustrated Book of Yoga by Swami Vishnu-Devananda, the Sivananda Companion to Yoga (known as the Book of Yoga in Britain), and Yoga Mind and

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Body. Many of the instructions given here have been purposely veiled by the original writers, others need elaboration, and many require the guidance of a teacher for correction. Swami Vishnu-Devananda has repeatedly stressed that these

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Practices are not
for beginners, and
that to violate this
caution is to put the
psyche at risk.

Please therefore,
follow these
instructions along
with the guidance of
your guru. A

Glossary has been
prepared for this
book for this third
edition, the hopes

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that this will be used as a reference manual for serious Yoga students on all levels.

This book is essential to initiate you into the path of self discovery and to deepen your inner experience and knowledge whether you are a

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novice or
experienced yoga
practitioner.
Swami Mukti-
dhananda

his book combines
the perspectives of
a dedicated yogi
with that of a
former anatomy
professor and
research associate
at two major

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American medicine schools. He has set himself the ambitious goal of combining the modern scientific understanding of anatomy and physiology with the ancient practice of hatha yoga. The result of an obvious labour of love, the book explains hatha

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yoga in demystified,
scientific terms
while at the same
time honouring its
traditions. It should
go a long way in
helping yoga
achieve the
scientific
recognition it
deserves. Useful as
both a textbook and
a reference work,
this is a book that

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all serious yoga
teachers and
practitioners will
want on their
shelves.

If you think that
you have to retreat
to a cave in the
Himalayas to find
the enlightenment
that yoga promises,
think again. In this
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Judith Hanson
Lasater stretches
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techniques to
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guide you in
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relationships with
yourself, your
family and friends,
and the world
around

you. Inspiring and
practical, she
blends her heartfelt
knowledge of an
ancient tradition
with her life
experiences as a
daughter, sister,
partner, mother,

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friend, and yoga practitioner and teacher. The result: a new yoga that beckons you to find the spiritual in everyday life.

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