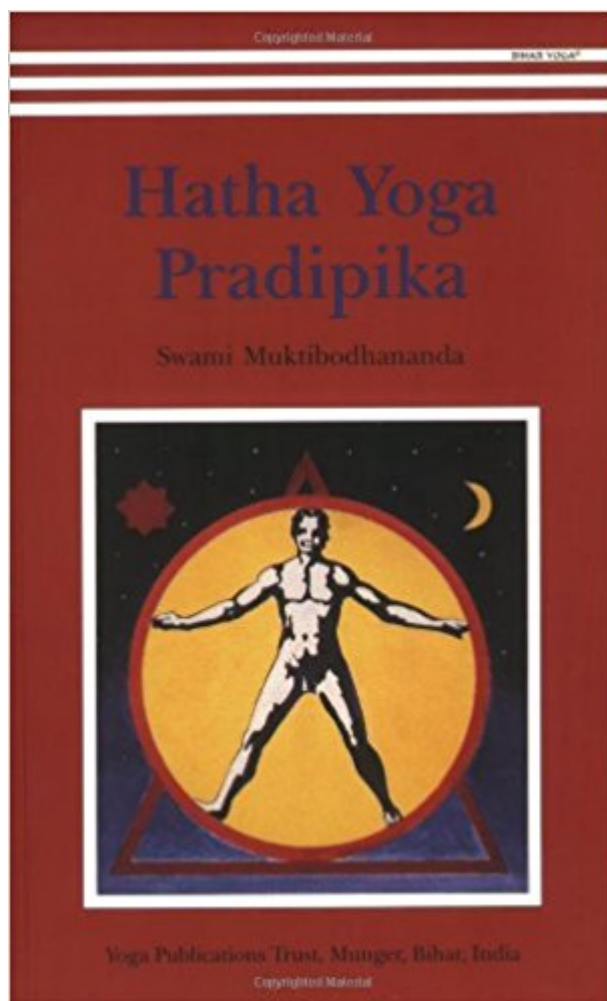


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# Hatha Yoga Pradipika



## 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

This Book represents the fructification of the author's unlimited wisdom to interpret and illuminate this ancient Hatha Yoga Text for the common man. --Publisher

The author was born on 8th December 1959, in Melbourne, Australia. From childhood she was drawn to the disciplines of yogic sadhana and ashram life. At the age of seventeen she moved to India and became a worthy disciple of Swami Satyananda Sarawati. Under the guidance of her guru, she has done research into the ancient yogic texts, Swara Yoga-the Tantric Science of Brain Breathing and this commentary on the Hatha Yoga Pradipika. She is well versed in the scientific as well as traditional aspects of yoga. In 1985 Swami Mukti Bodhananda returned to

Australia. She now lives and teaches in Brisbane.

One of the staples of hatha yoga. A must have for all serious practitioners; students and teachers alike. It is an easy read and a wealth of necessary information to make your practice life changing. A great source of information on philosophy, technique, reference, and guidance... the list goes on and on. You will refer to it over and over again.

If you want to read the Pradipika and really understand the practices described within, this is the book to buy. There is no better commentary. Swami Muktibodhananda speaks from profound experience: his own and that of his teachers. I go back to this book again and again. There is no better English language translation and commentary of this sacred treatise on yoga.

Got this for inspiration/teaching as well as to gain a deeper understanding of the underlying philosophy of yoga. Initially I struggled to get into the book but now the reading flows more easily and it is very insightful.

this is one of the best commentaries and translations on this great yoga classic - one of the principal texts about hatha yoga, actually viewed as a scripture. Swami Muktibodhananda's commentaries are truly insightful and helpful. She helps the modern reader grasp a fuller understanding of the real intent of hatha yoga as well as ability to make use of the text's guidance.

I really am enjoying this book, it is really helpful reading this because it takes back to the reality of Hindu beliefs, yoga truths not the fast pace of what Westerners are making it today. It's not exercise, which this wonderful book touches on many times. Very GOOD READING

eagerly anticipated and enjoyed by gift recipient ... definitely meets and exceeds expectations.

This book is commentary on the original work with the same "Hatha Yoga Pradipika" by Yogi Swatmarama written in Sanskrit language, many centuries ago. Hatha Yoga Pradipika meaning Light on Hatha Yoga. Book contains the original Sanskrit text compiled by Yogi Swatmarama with a translation and thorough Commentary in English by Swami Muktibodhananda under the guidance of Paramahansa Satyananda Saraswathi. There is a wonderful introductory note of 20 pages on Hatha Yoga by Swamiji Satyanananda Saraswathi. Treatise has 4 major parts. They are 1. Asana

2. Shatkarma and Pranayama 3. Mudra and Bandha 4. Samadhi. BSY (Bihar School of Yoga)/ Yoga Publications Trust (YPT) has published many books. One of their popular publications is "Asana Pranayama Mudra Bandha" (APMB) written by Paramahansa Satyananda Saraswathi. There are many overlapping points between these books. However, the authors have handled them carefully and brought out the differences. If any one is keen to know the difference between yoga and hatha yoga, they should read HYP book. APMB is a book for beginners and easy to read. HYP is a translation work covering APMB and much more.

This translation is great. It's a must-have for the library of a teacher and/or practitioner of yoga. The Pradipika is the original "light on yoga" text. It is appropriate for the beginner because of its strong fundamentals. It is also useful to the experienced yogi for the same reason! The experienced yogi can use this to add new dimensions to an already established practice, meditation and pranayama. Namaste.

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