



The Hatha Yoga Pradipika

Pancham Singh

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More people are beginning to understand the efficacy and importance of going back to traditional medicine and practices like Yoga. Hatha Yoga Pradipika is a classic Sanskrit manual on Hatha Yoga, written by Swami Swatmarama in the 15th century. Considered to be one of the oldest surviving texts on the Hatha Yoga, it was written by Swami Swatamarama s own yogic experiences. It runs in the line of the Hindu yoga and is dedicated to Lord Adinath, a name for Lord Shiva, who is alleged to have imparted the secret of Hatha Yoga to his divine consort Parvati. Explaining asanas, pranayamas, chakras, kundalini, bandhas, kriyas, shakti, nadis and mudras among other topics. This modern English translation is invaluable because it retains the original Sanskrit text.

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