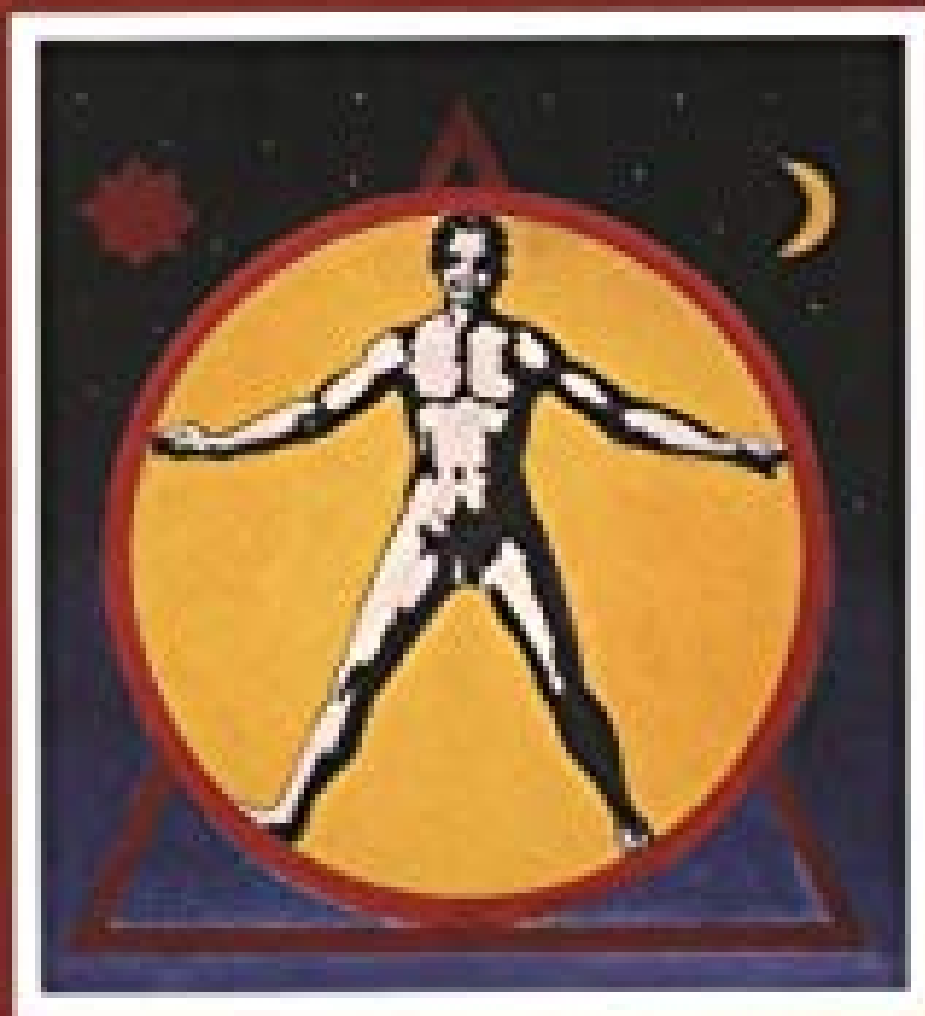


# Hatha Yoga Pradipika

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Hatha Yoga Pradipika (Light on Hatha Yoga exercises) includes the initial Sanskrit text published by Maharshi Swatmarama with a translation and thorough commentary in english by Swami Satyananda and Swami Muktibodhananda. Series drawings and diagrams illustrate the text. Thus hatha yoga was considered to be the foundation of all higher yogas. It highlights that hatha yoga isn't just a physical practice but a process of cellular transmutation from gross to subtle to divine. This text message elucidates the entire science of hatha yoga (asana, pranayama, shatkarma, mudra and bandha) since it was conceived and practised not only for health and fitness but also for awakening the vital energies: pranas, chakras and kundalini shakti.



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Here I came across a work therefore compelling and utterly educating. Asana Pranayama Mudra Bandha/2008 Fourth Revised Edition Hatha Yoga exercises Pradipika is a classic Sanskrit manual on hatha yoga. Great publication to deepen your philosophy. Gorgeous book that explains in even more depth hatha yoga. Also, when read thoroughly, you will notice that in addition they mention that regardless of what your spiritual/spiritual beliefs this publication can be used to bring you nearer to it, to feel it and to bring you closer to yourself and humanity. The author very nicely clarifies each verse in clear, modern English, and her grasp of, and enthusiasm for the topic is present. The introduction alone will probably be worth the purchase. On my quest to comprehend Yoga exercises and why I really do the asana's, pranayama's, mudra's and meditation, I came into connection with the Bihar School of Yoga's great function. Much emphasis on energy channels in Yoga. Love it. Wonderful! Another GREAT text. In case you are familiar with the Bihar School of Yoga text, you will know how wonderful their books and insights are. Just what a letdown!. I figured it will be an in-depth book on the religious aspects of the system we know as Yoga. I guess this is why these books are used in their Masters and Doctorate Yoga program in Bihar, India. We had only the mildest of considered what I might find in this text as we were purchasing it. Then came several even more books from this school. A must have for the serious yoga practitioner. If you're a practitioner of yoga, the Hatha Yoga Pradipika is crucial have for your yoga library. I can't realize why I hadn't bought this book earlier. I am discovering that this text even more meaningful to me than the Yoga Sutras. This particular copy is usually a translation from the Bihar College of Yoga exercises and is quite well written and clear to see actually by the lay practitioner and was impressed.. Every one of these books have taught me something more than what I possibly could ever hope to find on the internet. I delved further into learning accurate Yoga. This publication is no different. Each text in right here begins with the initial Sanskrit writing. Then follows the English translation of the Sanskrit. Finally, but in no way less important, follows the translation and expansion of these great writings by Swami Satyananda and Swami Muktibodhananda, giving insight on what things can be done in today's world due to dramatic transformation of living and the spreading of these teachings across the world, adapting it to everyone's personal scenario. Throughout they suggest that a guru is obtained to walk you through the changes and insights you'll likely know while practicing. I trust this, but personally I think they do such a great job on coaching throughout the book that you can get pretty significantly without one. Was I mistaken. The Hathayogapradipika consists of four chapters such as information about asanas, pranayama, cakras, kundalini, bandhas, kriyas, ?akti, n????s and mudras among other topics. This reserve is for everyone. Reading this book alone is a trip in of itself. Another great from the Bihar School of Yoga. I had to buy this for my 200 hrs yoga qualification, and we had to learn it for that reason. PROS: in my personal must browse for understanding your yoga exercises practice. You will make reference to it over and over again. Additional books of theirs to consider (they will have helped me understand how life and our anatomies actually work - inside and out, how disease manifests and how to heal) something I've yet to get in via my doctors ... A great source of information on philosophy, technique, reference, and guidance. Wonderful! I get back to this book again and again. 0) If you are thinking about the deeper areas of yoga you must have this book. It is being among the most influential surviving texts on the hatha yoga exercise, and is one of the three classic texts of hatha yoga exercises, the other two becoming the Gheranda Samhita and the Shiva Samhita. The publication is released in India. Thus, at times you \*experience\* as an Indian teacher is definitely talking to you (yes, for the reason that kind of spoken English). I recommend this reserve to any and all who are looking for a guide for a secure practice toward True Yoga exercise (connection with the supreme). It's easy reading. Explanation of the million words in Sanskrit is clear and no problem finding in appendices. Plus, you'll

likely reach enlightenment ; Many practices are given, from cleansing methods, to bandhas and additional bodily-related methods, to experiencing numerous meditative states of consciousness. If you want to browse the Pradipika and really understand the methods described within, this is actually the book to purchase. There is absolutely no better commentary. Swami Muktibodhananda speaks from profound knowledge: his very own and that of his teachers. The Pradiipika desires this sort of analysis, because simply reading a translation of the verses does very little in getting to what the initial creator of the work meant oftentimes. Five Stars eagerly anticipated and enjoyed by gift recipient . Great book but the Print is quite Poor The print because of this book is very bad, some parts have become difficult to read. Their analysis stems not only from a spiritual point of view but from a scientific and medical one. im considering returning and just sticking with my kindle version A great foundation to build on One of the staples of hatha yoga exercise. An absolute must have for all critical practitioners; college students and teachers alike. It is an easy read and an abundance of necessary info to create your practice existence changing.Dynamics Of YogaYogic Administration of Asthma and DiabetesThe Practice of Yoga for the Digestive System AN IN DEPTH Exposition on the Origins of Hatha Yoga Hatha yoga once we know it today offers many roots in this work, which is actually comparatively recent, being "only" a couple of hundred years old... the list goes on and on. Enjoy. Three Stars Alot of the pages were stuck together. Five Stars as expected Interesting read! To move any more indepth than I already have would take alot more space. But I certainly didn't like most of the cleansing techniques discussed here! We had to do one for our certification, and I pick the Candle Gazing with it had been the only real technique that seemed doable to me! It had been so interesting to know all of these points, but I don't think I'd ever apply a lot of them in my life! One Star The written text is hard to learn and the print isn't clear. There is no better English language translation and commentary of this sacred treatise on yoga exercises... certainly meets and exceeds objectives. Amazing book, cannot prevent reading it Amazing book, cannot end reading it. Interesting and wonderful lifetime trip with this book is guaranteed. It found its way to perfect shape. Genuine treasure in my house library. Warmest recommandations ? Five Stars Amazing book ! Take it as a text book with useful info for practising.! I'm just halfway through and I've taken web pages of notes upon this dense and rich materials.



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