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other two being the Gheranda Samhita and the Shiva Samhita.

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**Hatha Yoga Pradipika by Swami
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The Hatha Yoga Pradipika is a medieval
scripture written in 1350. The Nath Yogi
Swatmarama is the author. The meaning

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of the title is interesting to consider if one wishes to begin to understand the book's content. Pradipika means "light" or "to illuminate", ha means "sun", tha means "moon" and yoga or yug means to "join".

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The Hatha Yoga Pradipika is an 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

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advance practices of Hatha (Kundalini)
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the classic work on Hatha Yoga—the
book you are holding in your hands. An
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century C.E. Next to nothing is known about him, although his name may provide a clue. It means “one who delights in one’s Atman,” indicating the achievement of a state of bliss.

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Swami Muktibodhananda Saraswati

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Yoga Pradipika commentary by Swami Muktibodhananda Saraswati, where he writes: "In ancient times hatha Yoga was practiced for many years as a preparation for higher states of consciousness. Now however, the real purpose of this great science is being altogether forgotten. The hatha Yoga

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Muktibodhananda suggests repeating the process up to twenty times. It can also be performed practising retention and jalandhara bandha and moola bandha. Sheetalī , in this pranayama the inhalation is made through the tongue -like a tube-, practising kunbhaka and

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then exhaling the air through the nostrils.

**PRANAYAMA IN THE CONTEXT OF
THE HATHA YOGA PRADIPIKA - N8
Yoga**

Her second publication, Hatha Yoga Pradipika: Light on Hatha Yoga, consists of a thorough commentary on each Sanskrit verse with English translation.

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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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your engagement with Hatha Yoga through a study of the Hatha Yoga Pradipika with Swami Muktibodhananda Saraswati, who wrote an authoritative translation and commentary based on the original text of Maharishi Swatmarama. These workshops were held online from July 19th to August 9th, 2020.

Read Online Hatha Yoga Pradipika Swami Muktibodhananda

Hatha Yoga Series - Hatha Yoga Pradipika Chapters 1-4

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

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The Haṭha Yoga Pradīpikā (Sanskrit: haṭhayogapradīpikā, हठयोगप्रदीपिका or Light on Hatha Yoga) is a classic fifteenth-century Sanskrit manual on

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haṭha yoga, written by Svātmārāma, who connects the teaching's lineage to Matsyendranath of the Nathas.

Hatha Yoga Pradipika - Wikipedia

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