



Hatha Yoga Pradipika

By Swami Muktibodhananda

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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 healthand 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.

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Review

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

About the Author

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.

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