

Hatha Yoga Pradipika Swami Muktibodhananda

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

~~The Hatha Yoga Pradipika~~

New. 15 x 23 cm. Hatha Yoga Pradipika (Light on Hatha Yoga) includes the original Sanskrit text compiled by Maharishi Swatmarama with a translation and thorough commentary in English by Swami Satyananda and Swami Muktibodhananda.

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Genre/Form: Sources (form) Translations (form) Additional Physical Format: Online version: Sv?tm?r?ma, Swami. Hatha yoga pradipika. [New York, AMS Press, 1974]

~~The Hatha yoga pradipika (Book, 1974) [WorldCat.org]~~

the classic work on Hatha Yoga—the book you are holding in your hands. An Indian yogi named Swatmarama wrote the Hatha Yoga Pradipika in the fifteenth 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 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 Pradipika. Swami Muktibodhananda Saraswathi moved back to Melbourne in 1985, where she set up the Melbourne Yoga Therapy Centre.

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

~~About muktibodhanandaretreatscanada.yoga~~

The Hatha Yoga Prad?rik? was composed by Sv?tm?r?ma in the 15th century as a compilation of the earlier ha?ha yoga texts. Sv?tm?r?ma incorporates older Sanskrit concepts into his synthesis. He introduces his system as a preparatory stage for physical purification before higher meditation or Raja Yoga.

~~Hatha Yoga Pradipika—Wikipedia~~

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Swami Muktibodhananda Saraswati I found yoga in 1972 as an adjunct to classical ballet and soon realised that the major benefits of yoga practise for me were at an emotional and psychological level.

~~Swami Muktibodhananda Saraswati—SYTA~~

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Swami Muktibodhananda started her yoga journey in 1972. She later studied under the direct guidance of Paramahansa Swami Satyananda for 10 years in India. During this time she authored and had published 'Swara Yoga, the Tantric Science of Brain Breathing' and Commentaries on 'Hatha Yoga Pradipika, the Light on Hatha Yoga'.

~~SWAMI MUKTIBODHANANDA—Zama Yoga & Pilates Studios | Yoga...~~

Drawing from hatha, swara and bhakti yoga, Muktibodha Retreats are designed for practitioners of all levels who want to deepen the experience of wisdom and love in their lives. Swami Muktibodhananda Saraswati was designated as a Yogacharya (Living Master of Yoga) in 1993 by Swami Niranjananda of the Bihar School of Yoga.

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Excerpts from the Hatha Yoga Pradipika (verse translations by Swami Muktibodhananda Saraswati, Bihar School of Yoga, Mungar, India 1998 ed.):
Chapter 1: Asana “Overeating, exertion, talkativeness, adhering to rules, being in the company of common people and unsteadiness (wavering mind) are the six causes which destroy yoga.”

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