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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

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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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Translations (form) Additional Physical
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Swami. Hatha yoga pradipika. [New
York, AMS Press, 1974]

~~The Hatha yoga pradipika (Book,
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the classic work on Hatha Yoga—the

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book you are holding in your hands. An Indian yogi named Svātmaṛama 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

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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

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Muktibodhananda 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

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Swatmarama, is like a yoga "bible" of this science. Most modern day yoga practices are based on it.

~~About~~

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The Hatha Yoga Pradīpikā was composed by Svātmārāma in the 15th

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century as a compilation of the earlier haṭha yoga texts. Svātmārāma incorporates older Sanskrit concepts into his synthesis. He introduces his system as a preparatory stage for physical purification before higher meditation or Raja Yoga.

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Swami Muktibodhananda Saraswati I
found yoga in 1972 as an adjunct to
classical ballet and soon realised that

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the major benefits of yoga practise for me were at an emotional and psychological level.

~~Swami Muktibodhananda Saraswati~~
~~SYTA~~

Swami Muktibodhananda was born in Melbourne in 1959. She moved to

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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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Saraswathi moved back to Melbourne
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Swami Muktibodhananda started her yoga journey in 1972. She later studied under the direct guidance of Paramahansa Swami Satyananda for

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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'.

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exertion, talkativeness, adhering to rules, being in the company of common people and unsteadiness (wavering mind) are the six causes which destroy yoga. 1:15

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