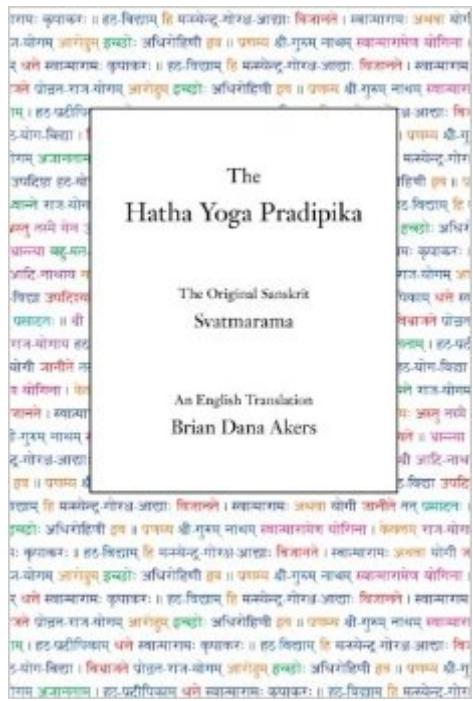


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# The Hatha Yoga Pradipika



## Synopsis

The classic manual on Hatha Yoga. This affordable, definitive edition of the Hatha Yoga Pradipika contains the original Sanskrit, a new English translation, and full-page photographs of all the asanas.

## Book Information

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Average Customer Review: 4.8 out of 5 starsÂ  See all reviewsÂ  (35 customer reviews)

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## Customer Reviews

The two best known English translations of Svatmarama's classical text on yoga from the Fifteenth Century are by Pancham Singh and Elsy Becherer. The former is 87 years old and the latter is a translation (with commentary by Hans-Ulrich Rieker) from the German, and is therefore twice removed from the original Sanskrit. Both books are out of print. Surprisingly there is virtually nothing else in English despite the fact that the hatha yoga teachings found in popular works, including B.K.S. Iyengar's celebrated Light on Yoga, are in no small part based on Svatmarama's text. Brian Dana Akers brings us a new translation set with the English following the Sanskrit verse by verse. His style is straightforward, clear and elegant. He does not make the mistake of trying to translate yogic terms that are really not translatable, e.g., "nadi," "prana," "bandha," "mudra," etc. Instead he invites us to use a dictionary of yoga. He also makes the sly suggestion in his brief but graceful Introduction that "the scientifically minded do some empirical research. In a peaceful country, in a quiet place, free of all anxieties..." (p. xii) Well, I have done some small research and I can tell you that Svatmarama knows whereof he speaks. I can also say along with Akers that I do not recommend some of Svatmarama's practices, (some of the "cleansing" mudras are unnecessary today; indeed they are dangerous) and clearly the old master exaggerates. However, his intention

was not hyperbole. He spoke instead in what is called an "intentional language" that would guide teachers and advanced practitioners without confusing or revealing too much to beginners. This way of speaking is also called samdhya-bhasha ("twilight language") according to Georg Feuerstein.

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The Hatha Yoga Pradipika Yoga Philosophy of Patanjali: Containing His Yoga Aphorisms with Vyasa's Commentary in Sanskrit and a Translation with Annotations Including Many Suggestions for the Practice of Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Chants: Deepen Your Yoga Practice with Authentic Sanskrit Chant Pre-natal Yoga: Yoga Class and Guide Book. Yoga Pretzels (Yoga Cards) Sleepy Little Yoga: A Toddler's Sleepy Book of Yoga Little Yoga: A Toddler's First Book of Yoga Restorative Yoga For Breast Cancer Recovery: Gentle Flowing Yoga For Breast Health, Breast Cancer Related Fatigue & Lymphedema Management The Secret Power of Yoga: A Woman's Guide to the Heart and Spirit of the Yoga Sutras Little Flower Yoga for Kids: A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance Inside the Yoga Sutras: A Comprehensive Sourcebook for the Study & Practice of Patanjali's Yoga Sutras Karma Yoga: the Yoga of Action The Yoga Sutras: An Essential Guide to the Heart of Yoga Philosophy The Study And Practice Of Yoga/An Exposition of the Yoga Sutras of Patanjali/Volumell Mussar Yoga: Blending an Ancient Jewish Spiritual Practice with Yoga to Transform Body and Soul The Art and Business of Teaching Yoga: The Yoga Professional's Guide to a Fulfilling Career ABC Yoga: Join us and the animals out in nature and learn some yoga! Angel Bear Yoga: Adventure Stories- Children's stories that are perfect for relaxation, sleep time or kid's yoga. Yoga and Spiritual Retreats: Relaxing Spaces to Find Oneself (Dreaming Of)

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