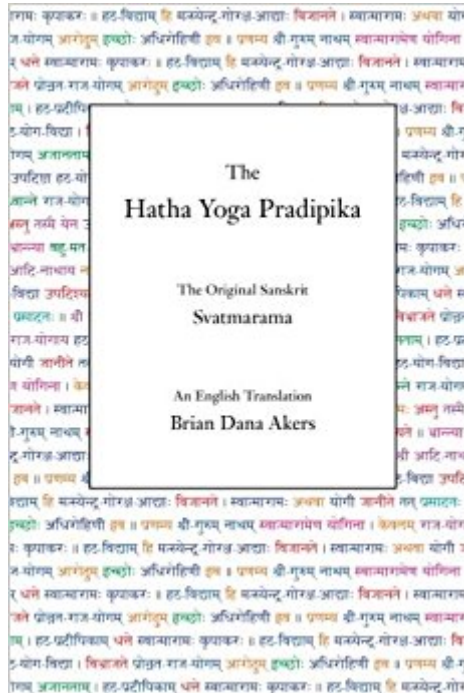


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The Hatha Yoga Pradipika



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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Customer Reviews

From the Introduction Over the last half millennium, one book has established itself as the classic work on Hatha Yoga--the book you are holding in your hands. An Indian yogi named Svatmarama wrote the Hatha Yoga Pradipika in the fifteenth century C.E. Drawing on his own experience and older works now lost, he wrote this book for the student of Yoga. He wrote this book for you. Table of Contents Introduction Asanas Pranayama Mudras Samadhi Contributors About the Author Now living in Woodstock, New York, Brian Dana Akers began practicing Yoga at age twelve, learning Sanskrit at seventeen, and working in publishing at twenty-three. Reviews "A new, crisp, no-nonsense translation of this great classic on the practice of Hatha Yoga."--Christophe Mouze, Online Yoga Magazine "This lively and lucid translation includes the original Sanskrit. It is a must-have for any serious student or teacher."--Yoga Site "Beautifully printed and translated. Wonderful pictures, too."--Dominik Wujastyk, Indology "There is a certain magic at work here--it is as if an Indian yogi named Svatmarama has projected himself through time, expressing himself through Akers."--Michael Perkins, Woodstock Times "Written over five hundred years ago by Svatmarama, an Indian yogi, the text is considered by many a seminal work on the practice of, and theory behind, Hatha Yoga."--Chris Meehan, Kalamazoo Gazette "Accurate and accompanied by clear pictures, this

translation of an informative Sanskrit text is a very useful addition to the growing literature on Yoga in Western languages."--Ashok Aklujkar, University of British ColumbiaExcerpt. Â© Reprinted by permission. All rights reserved.Eight Sample VersesYoga succeeds by these six: enthusiasm, openness, courage, knowledge of the truth, determination, and solitude.Success is achieved neither by wearing the right clothes nor by talking about it. Practice alone brings success. This is the truth, without a doubt.When the breath is unsteady, the mind is unsteady. When the breath is steady, the mind is steady, and the yogi becomes steady. Therefore one should restrain the breath.As salt and water become one when mixed, so the unity of self and mind is called samadhi.He who binds the breath, binds the mind. He who binds the mind, binds the breath.Center the self in space and space in the self. Make everything space, then don't think of anything.Empty within, empty without, empty like a pot in space. Full within, full without, full like a pot in the ocean.Don't think of external things and don't think of internal things. Abandon all thoughts, then don't think of anything.

Brian Dana Akers began practicing Hatha Yoga at age twelve, learning Sanskrit at seventeen, and working in publishing at twenty-three.

As a student of yoga, I have seen "The Hatha Yoga Pradipika" on several Yoga-teacher trainers' lists of recommended or required reading. The generally short verses focus on: 1) Asana, the physical practice of yoga postures, which are accompanied by helpful photos of an accomplished practitioner; 2) Pranayama, or energy control facilitated mainly by the breath; 3) Mudras or energy seals; and 4) Samadhi, the non-dualistic state of super-consciousness achieved through dedicated practice and meditation.As such, the Hatha Yoga Pradipika concentrates and expands on three of the eight limbs of classical Raja Yoga (Ashtanga) described in the Yoga Sutras of Pantanjali. The verses assume that the reader has a working knowledge of Yoga philosophy, practice, and terminology and Brian Akers acknowledges that the translation reflects an "esoteric work that is purposely oblique at times...."; one that will require some work from the reader. To me this adds a measure of mystique to the book that may entice the reader to further study. It would be nice if there were photos or diagrams to accompany the verses in Chapter Two - Pranayama and Chapter Three - Mudras to support and help to explain the narrative, but even still, I would recommend the book to any serious yoga student who seeks a fuller understanding of traditional Hatha Yoga.

The Hatha Yoga Pradipika was required for my yoga teacher training program. I found it to be an interesting and excellent supplement to the didactic and practical elements of my training. For a

student just beginning the study of the written teachings of hatha yoga, the structure of the book makes it easy to get through. The pictures are both essential and helpful. Use of the original Sanskrit was a beautiful addition. While I think the book would be more difficult to practically use for a student beginning hatha yoga without other instruction, for a practitioner with a regular practice, or a newer student studying with a trained teacher, it would be a great enhancement to their study.Â The Hatha Yoga Pradipika

I bought it in kindle version. I like the pictures. They make it much easier to comprehend the poses, but it seems there are some conflicts about how the poses should be expressed from the commonly practiced way, such as gomukasana, virasana, and matsyendrasana... Also the name of the next pose often appears under the previous pose's picture (kindle iPad) and it can be confusing. Nonetheless my classmates always look at my pradipika even though they have their own!

The book is a lot more accessible than I suspected. The forward was also helpful and thorough with disclosures and additional background information.

The Hatha Yoga Pradapika is a must-read for anyone interested in Hatha Yoga. It should be required reading for any aspiring hatha yogi or yogini. This more recent translation is highly accessible and understandable. The Sankrit is nicely printed (not too small) and the pacing and spacing of the print run are excellent. The pictures are a nice addition without being overwhelming or tacky. Yogavidya.com is doing an awesome job publishing improved, or new English translations of yoga-relevant texts.

Buy it, illustrated and easily understood!!

bought it for yoga teacher training.short and easy to read.

For those who love Yoga and Hatha Yoga, this ancient opus enlightens our study and work, as practitioners and teachers of the most Classical Yoga, from its original sources. Very great issue, with the devanagari texts, so useful for me, who happily have been introduced to the study of Sanskrit language.

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