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[Hatha Yoga Pradipika: Light on Hatha Yoga \(Including the ...](#)

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. ” 1:15  
*The Hatha Yoga Pradipika*  
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## **Hatha Yoga Pradipika - Wikipedia**

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.

## **Hatha Yoga Pradipika Swami Muktibodhananda**

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.

Swami Muktibodhananda Saraswati - SYTA  
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 ” .

Hatha Yoga Pradipika: Amazon.co.uk:  
Swami Muktibodhananda ...

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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Melbourne in 1959. She moved to India at  
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Hatha Yoga Pradipika by Swami  
Muktibodhananda

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Sv tm r ma, Swami. Hatha yoga pradipika.  
[New York, AMS Press, 1974]

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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.

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

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'.

Hatha Yoga Pradipika - Kindle edition by Muktibodhananda ...

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.

The Hatha Yoga Pradipika

The Hatha Yoga Pradipika 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.

The Hatha Yoga Pradipika

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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 Niranjanananda of  
the Bihar School of Yoga.

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