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# Original Yoga Rediscovering Traditional Practices Of Hatha

## Richard Rosen

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In India, ha ha yoga is associated in popular tradition with the Yogis of the Natha Sampradaya through its traditional founder Matsyendranath, who is celebrated as a saint in both Hindu and Buddhist tantric and ha ha yoga schools. Almost all

hathayogic texts belong to the Nath siddhas, and the important ones are credited to Matsyendranath's disciple, Gorakhnath or Gorakshanath.

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A yogi is a practitioner of yoga, including a sannyasin or practitioner of meditation in Indian religions. The feminine form, sometimes used in English, is yogini.. Yogi has since the 12th century CE also denoted members of the Nath siddha tradition of Hinduism, and in Hinduism, Buddhism and Jainism, a practitioner of tantra. In Hindu mythology, the god Shiva and the goddess Parvati are ...

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Widely respected yoga teacher and author Richard Rosen draws on ancient yoga

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encyclopedias to explain how yoga was practiced before it became popular in the West. He compares the three main existing sources known to yoga scholars to describe how complex and rich the practice of yoga once was. It included systematic teachings on personal hygiene, good health, and good relationships, and other ...

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In his new book, Original Yoga: Rediscovering Traditional Practices of Hatha Yoga, Richard Rosen digs into these three source materials to presents an in-depth study of the practices and postures of traditional hatha yoga.

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