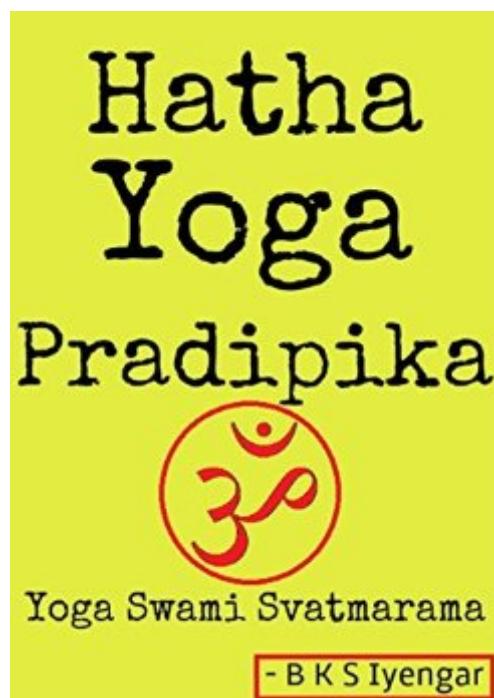


The book was found

Hatha Yoga Pradipika Yoga Swami Svatmarama



Synopsis

Possibly the oldest extant text about Hatha Yoga, The Hatha Yoga Pradipika was written about the 15th century. Written in the 16th century by Swami Svatamarama, this book is concerned with the physical postures and breathing exercises of hatha yoga. It also provides detailed information about the Kundalini, the divine force or energy which is awakened through the practice of yoga.

Book Information

File Size: 926 KB

Print Length: 303 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 16, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B011WBAJE2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #60,360 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #17 in Books > Politics & Social Sciences > Philosophy > Eastern > Indian #22 in Kindle Store > Kindle eBooks > Nonfiction > Politics & Social Sciences > Philosophy > Religious #33 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

A masterpiece!!! Don't miss it if you are in the Ashtanga/Raja Yoga path.

Another important book for those looking forward to "light"

I thought it was an interesting read.

Terrific tool for any Yogi.

Iyengar introduces a valid book

[Download to continue reading...](#)

Hatha Yoga Pradipika Yoga Swami Svatmarama Hatha Yoga Pradipika YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) The Yoga Sutras of PatanjaliÍçâ Ñâ •Integral Yoga Pocket Edition: Translation and Commentary by Sri Swami Satchidananda Raja-Yoga & Patanjali Yoga-Sutra by Swami Vivekananda Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners Hatha Yoga Illustrated Anatomia del hatha yoga (Coleccion Salud y Vida Natural) (Spanish Edition) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Los Yoga Sutras De Patanjali: Traduccion Y Comentarios Por Sri Swami Satchidananda (Spanish Edition) Demystifying Patanjali: The Yoga Sutras: The Wisdom of Paramhansa Yogananda as Presented by his Direct Disciple, Swami Kriyananda Demystifying Patanjali: The Yoga Sutras (Aphorisms): The Wisdom of Paramhansa Yogananda Presented by his direct disciple, Swami Kriyananda Yoga: Ultimate Yoga Mastery: 2-Books-in-1 (50+ Beginner and Advanced Poses Illustrated) (Yoga Healing, Stress Reduction and Mindfulness) At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day (Just Do Yoga Book 7) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Swami Vivekananda: A Historical Review

[Dmca](#)