



Hathapradipika Bhojatmaj

By M.L. Gharota

Lonavla, 2000. NA.. Book Condition: New. 23 cms. 57pp. Hathapradipika of Svatmarama which has exerted a great influence on the practical student and scholars of yoga was available only in four chapters until now. It is for the first time that Hathapradipika containing ten chapters is being published along with the Commentary Yogaparakashika by Balakrishna. It contains additional information on the pratyahara, dharana, dhyana, samadhi, kalajnana and videhamukti. There is a description of shadanga-yoga along the lines of Goraksha.



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