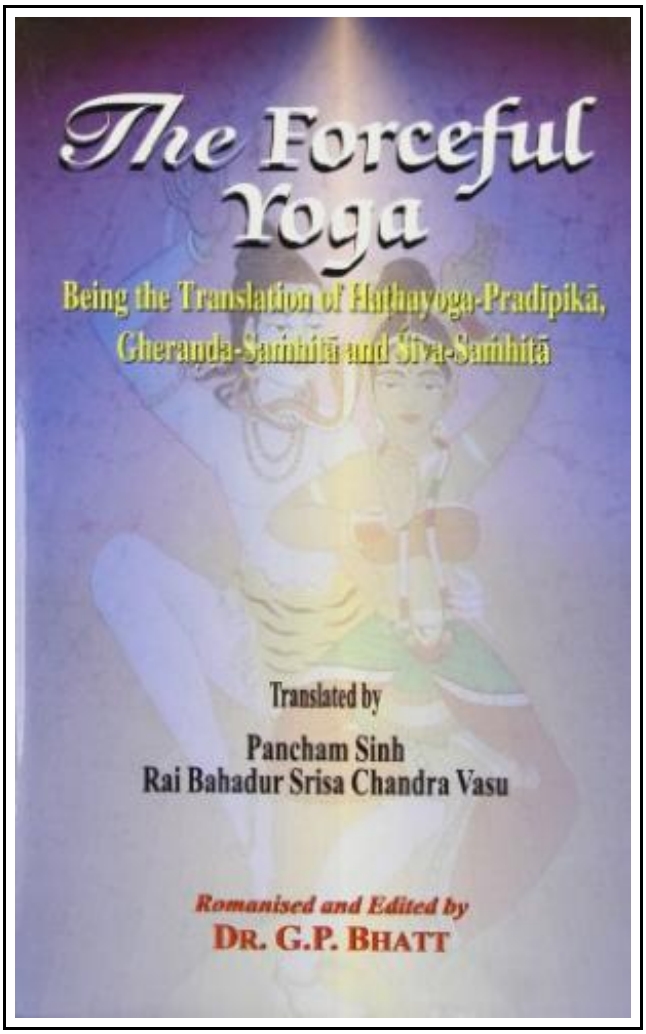
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Reviews

This written publication is fantastic. I am quite late in start reading this one, but better then never. You will not feel monotony at at any time of your respective time (that's what catalogues are for concerning should you ask me).

(Tevin McClure)

THE FORCEFUL YOGA: BEING THE TRANSLATION OF HATHAYOGA-PRADIPIKA, GHERANDA-SAMHITA AND SIVA-SAMHITA

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Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2014. Hardcover. Book Condition: New. Dust Jacket Condition: New. Second Reprint. Out of the three translations, Hathayoga-Pradipika is the best known manual. It contains (in the present version) a total of 383 slokas divided into four Upadesas (instructions or lessons)including 69 of the first, 78 of the second, 123 of the third and 113 of the fourth lesson. The first lesson discusses mainly the yogi postures (Asanas), the second Pranayama, the third Mudra and the fourth Samadhi, the final goal of Yoga- adhana. The second, Gheranda-Samhita is a work of 351 Slokas (in the present version) divided into seven Upadesas or lessons each dealing with one stage of the sevenstage system of Hathayoga comprising: (1) six purificatory acts, (2) postures, (3) Mudras, (4)Pratyahara or withdrawal of senses, (5) Pranayama, (6) Dhyana or meditation and (7) Samadhi. The work is in the form of a dialogue between a teacher, Gheranda, and a disciple, Candakapali. The third text, Sivasamhita or the collection of the teachings of god Siva, contains (in the version including here)517 Slokas (96+54+97+58+212) in five chapters called Patalas. It contains Advaita ideas and Tantrika material also and is supposed to have been compiled in late seventeenth or early eighteenth century C.E.Printed Pages: 291.

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