



Haṭhapradīpikā
of Svātmārāma

Edited by

Swami Digambarji

Director of Research, Kaivalyadhama S.M.Y.M. Samiti

&

Pt. Raghunatha Shastri Kokaje

Sāmkhya - Tarka - Tīrtha, Dharmapāriṇa

K A I V A L Y A D H A M A

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SVĀTMĀRĀMA

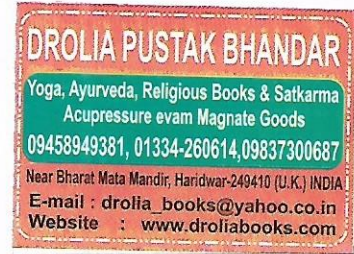
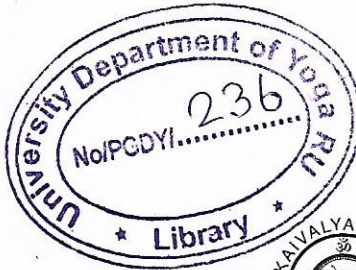
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Sāṃkhya - Tarka - Tīrtha
Dharmapārīṇa**



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About the text Haṭhpradīpikā

The Text Haṭhpradīpikā is one of the authentic Haṭhayoga texts. This text, published critically by Kaivalyadhama (First Ed. 1970), is the result of the scrutiny of more than 100 Manuscripts of Haṭhpradīpikā. The 5th Chapter added in our publication is based on our research and study of Manuscripts and it provides a documentary proof and principle of therapeutic application of Yogic practices. Readers of this text will find unambiguous presentation of 4 Limbed Yogic practices viz. 15 Āsanas, 8 Kumbhakas, 10 Mudrās and 4 types or stages of Nādānusandhāna. The text serves the purpose of handbook of authentic Haṭhayoga practices.

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