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



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...

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