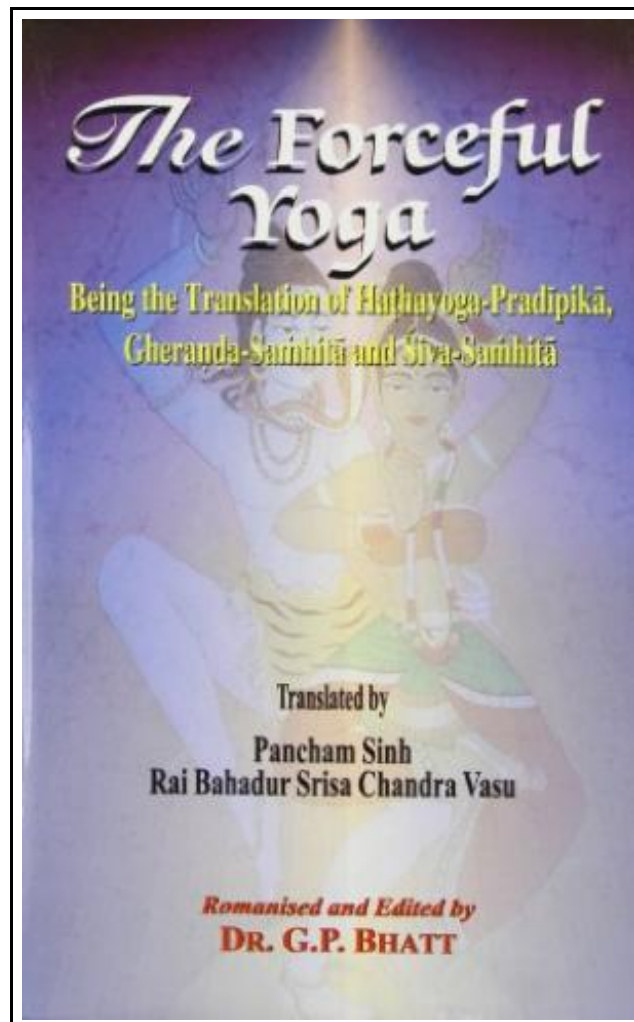


The Forceful Yoga: Being the Translation of Hathayoga-Pradipika, Gheranda-Samhita and Siva-Samhita



Filesize: 3.13 MB

Reviews

This publication is wonderful. It really is rally interesting throgh reading period of time. I am just very easily will get a delight of reading a published book.

(Roma Little)

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 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.



[Read The Forceful Yoga: Being the Translation of Hathayoga-Pradipika, Gheranda-Samhita and Siva-Samhita Online](#)



[Download PDF The Forceful Yoga: Being the Translation of Hathayoga-Pradipika, Gheranda-Samhita and Siva-Samhita](#)

Other eBooks



The Country of the Pointed Firs and Other Stories (Hardscrabble Books-Fiction of New England)

New Hampshire. PAPERBACK. Book Condition: New. 0874518261 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST...

[Read Book »](#)



The Picture of Dorian Gray: A Moral Entertainment (New edition)

Oberon Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Picture of Dorian Gray: A Moral Entertainment (New edition), Oscar Wilde, John Osborne, The Picture of Dorian Gray is a stage adaptation of Oscar Wilde's...

[Read Book »](#)



The Tale of Jemima Puddle-Duck - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Tale of Jemima Puddle-Duck - Read it Yourself with Ladybird: Level 2, This is a gentle adaptation of the classic tale by Beatrix Potter. Jemima...

[Read Book »](#)



The Kid Friendly ADHD and Autism Cookbook The Ultimate Guide to the Gluten Free Casein Free Diet by Pamela J Compart and Dana Laake 2006 Hardcover

Book Condition: Brand New. Book Condition: Brand New.

[Read Book »](#)



Comic Maths: Sue: Fantasy-Based Learning for 4, 5 and 6 Year Olds

The Captain Papadopoulos Publishing Company, United Kingdom, 2012. Paperback. Book Condition: New. Brian Williamson (illustrator). 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****.Comic Maths: Sue (Key Stage 1,...

[Read Book »](#)

**Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Gran s New Blue Shoes (Hardback)**

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It

[Read ePub »](#)

**TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the

[Read ePub »](#)

**Sarah's New World: The Mayflower Adventure 1620 (Sisters in Time Series 1)**

Barbour Publishing, Inc., 2004. Paperback. Book Condition: New. No Jacket. New paperback book copy of Sarah's New World: The Mayflower Adventure 1620 by Colleen L. Reece. Sisters in Time Series book 1. Christian stories for

[Read ePub »](#)

**Demons The Answer Book (New Trade Size)**

Whitaker House. PAPERBACK. Book Condition: New. 0883689553 Feed My Sheep Books: A Family Ministry, Competing For YHWH Online Since 2001. Support the Assembly Before Buying Big Box-store Books. We Shrink Wrap & Carefully Package Your

[Read ePub »](#)

**TJ new concept of the Preschool Quality Education Engineering: new happy learning young children (3-5 years old) daily learning book Intermediate (2) (Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the

[Read ePub »](#)