



Hatha Yoga Pradipika (Text with English Translation), (Revised Edition)

By Pancham Singh (Tr.)

Indian Mind Books/Indica Books, Varanasi, India, 2012. Softcover. Book Condition: New. Revised Edition. The Hatha Yoga Pradipika is an important text in which the essentials of yoga is explained. It explains in clear terms the asanas, pranayama, mudras, and the samadhi which are essential in the practice of yoga. The importance of this text for teacher and student of yoga alike cannot be overestimated as this treatise is of immense practical value. The present work contains the original Sanskrit text and its translation into English along with an Introduction. Printed Pages: 112.



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