

Hatha Yoga Pradipika Muktibodhananda Saraswati

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Swami Muktibodhananda Saraswati. Hatha Yoga Pradipika is a thorough commentary on the original text by Maharishi Swatmarama. It discusses the entire science of hatha yoga as it was conceived and practiced, not for health and fitness only, but for awakening the pranas, chakras, and kundalini shakti. This text points out that hatha yoga is not just a physical practice but a process of cellular ...

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Swami Muktibodhananda was born in Melbourne in 1959. She moved to India at the age of seventeen, and lived with her guru, Swami Satyananda Saraswati. She has conducted extensive research into Swara Yoga as well as Hatha Yoga Pradipika. Swami Muktibodhananda Saraswathi moved back to Melbourne in 1985, where she set up the Melbourne Yoga Therapy ...

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Drawing from hatha, swara and bhakti yoga, Muktibodha Retreats are designed for practitioners of all levels who want to deepen the experience of wisdom and love in their lives. Swami Muktibodhananda Saraswati was designated as a Yogacharya (Living Master of Yoga) in 1993 by Swami Niranjanananda of the Bihar School of Yoga.

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Since 1977 she is known as Swami Muktibodhananda Saraswati. Swamiji was given the title Yogacharya, yoga authority, from Paramahansa Swami Niranjanananda in 1993. Swami Muktibodhananda was inspired to distill the yogic knowledge and experiences she gained in India into three extraordinary books.

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