

**Hatha Yoga Pradipika; Classic Guide For The  
Advanced Practice Of Hatha Yoga By Yogi  
Swatmarama**

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Hatha Yoga (Sanskrit is a system of Yoga introduced by Yogi Swatmarama, and compiler of the Hatha Yoga Pradipika. In this treatise Swatmarama introduces Hatha

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was introduced by Yogi Swatmarama. Tracing the origins of hatha will lead Swatmarama s Hatha Yoga Pradipika, of yoga in practice today when

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