



Hatha Yoga



HATHA YOGA • A branch of yoga that denotes a system of physical techniques or postures (asanas) that are supplementary to a broad conception of yoga. The word “hatha” can be translated two ways: as wilful/forceful, the yoga of activity and as Sun (ha) and Moon (tha), the yoga of balance between sun and moon energies • According to legend, Lord Shiva is credited with propounding hatha yoga. While he gave the knowledge of hatha yoga to Parvati, a fish (matsya) heard the entire discourse and later became a siddha, known as Matsyendranath and taught hatha yoga to his disciples • Important principles include subtle physiology, dhāranā (fixation of the elements), & nādānusandhāna (concentration on the internal sound). Focuses on attaining samādhi - defined as asana, pranayama, pratyahara, dharana, dhyana and samādhi. Includes disciplines, purification procedures (shatkriya), gestures (mudras), breathing (pranayama), and meditation • Recognised as a stress-reducing therapy, Hatha Yoga practices are designed to align & calm one’s body, mind & spirit in preparation for meditation. Not just a physical practice but a process of cellular transmutation from gross, to subtle to divine, Hatha Yoga is considered the foundation of all higher yogas.