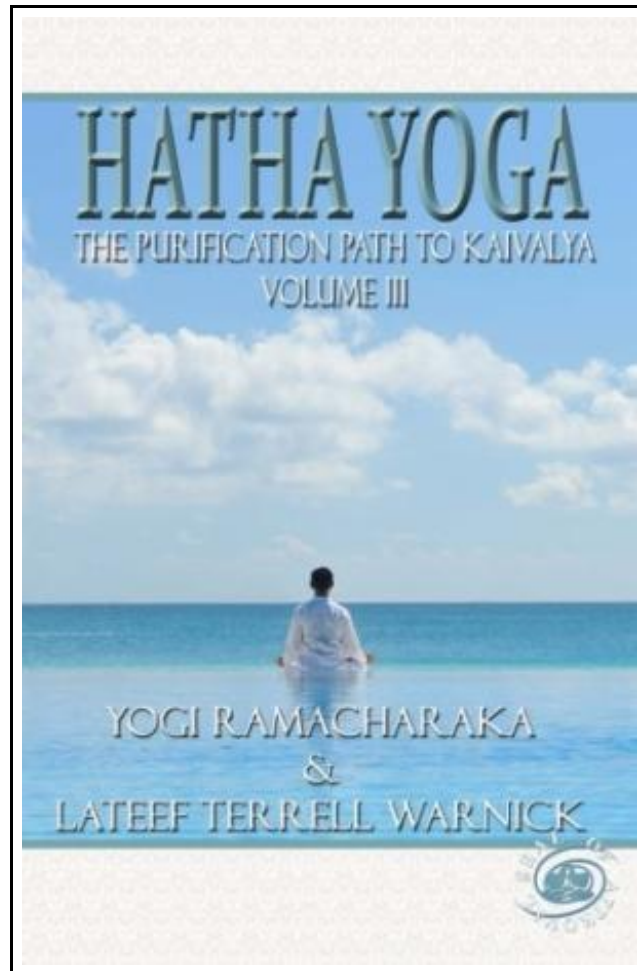


## Hatha Yoga: The Purification Path to Kaivalya (Paperback)



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1 Soul Publishing, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. What is Hatha Yoga? Hatha Yoga or hatha vidya is spiritual practice that leads to Kaivalya. This pradi-pika or explanation sheds light on Hatha as a force. This hatha yoga book focuses on the system of cleansing and strengthening the body. The Hatha Yoga path of spirituality inspired by Yogi Ramacharaka teaches that learning yoga is about more than poses, exercise and diet but meant to awaken the genuine truth-seeker! For complete health and fitness, Hatha Yoga encompasses the eight limbs of yoga which includes asanas, concentration, meditation and Samadhi! Your sadhana practiced religiously leads one to become a master over ego and ignorance. Thus, the true practice of yoga is the union of soul and spirit and this should be the first question on the spiritual path: How May I Come To Know God ? God may go by many names in many religions. But God is not a man up in the sky! Essentially, all religions state that God is Omnipresent, Omniscient and Omnipotent. So it doesn't take a stretch of the imagination to conclude that if God is truly everywhere and everyplace then He must accordingly be within you! Intellectually, we may accept this fact but many of us have no idea how to reach the God that may be within us. This is a question that was first positioned ages ago and there are those that have answered the question for themselves and then provided a roadmap for others to find the same. Hence, came the Birth of Yoga. Yoga is the union of soul and Spirit. It is the means to this union and the state of Union. Over the ages have evolved many types and...



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