

There are four chapters within the HYP:

Chapter One

Asana

Salutations to primal Guru Sri Adinath

All yogic texts begin with honouring those who gave inspiration & knowledge

Environment for practice & six causes which destroy yoga (v15) & six causes to bring success in yoga v16 (i)

Yamas and Niyamas which are not emphasised in Hatha Yoga

Asana - giving steadiness and lightness of body and mind, a state of health, relaxed state, increase in freely flowing prana & vibrational rate of prana (v17)

Various asana regulating different organs & systems, through balancing of different vayus & chakras

Asana which are primarily for seated practices – siddhasana/siddha yoni asana (adept's pose), padmasana (lotus pose), simhasana (lion's pose) and bhadrasana (gracious pose)

Diet for practice

Reminder of the purpose of Hatha Yoga (v67)

Chapter Two

Shatkarma (a.k.a. Kriya) & Pranayama

With the body regulated by asana and a moderate diet taken now pranayama can follow

The link between mind and prana, when prana moves the mind moves and vice versa, control prana and the mind is controlled (v2)

Pranic movement can be seen in terms of the The Vayus, the five vibrational winds pervading the body; Nadis, the subtle pranic channels; Chakras, the pranic pumping stations; prana is the key to expanding awareness and realising the Self (p157); prana can be controlled by the breath

Nadis & chakras require purification, practice nadi sodhana

The practice & benefits of pranayama

Shatkarmas: are six cleansing practices used before pranayama when the doshas are unbalanced, i.e. there is an excess of wind (vata), bile (pitta) or mucous (kapha). If the dosha are balanced then they are unnecessary but if they are unbalanced and nothing is done disease will follow and our spiritual journey will be curtailed.

Shatkarma:	Dauti
	Basti
	Neti
	Trataka
	Nauli
	Kapalabhati

Through pranayama ida & pingala nadis are purified and balanced so prana enters sushumna nadi, making the mind still, the state of manonmani, a mind devoid of thought. (v42)

Pranayama: The eight kumbhakas:

- Suryabhedana – sun breath
- Ujjayi – psychic breath
- Seetkari – hissing breath
- Sheetali – cooling breath
- Bhastrika – bellows breath
- Bhramari – bee breath
- Moorcha – swooning breath
- Plavini – gulping breath v39 to 70

The parts of the breath and kinds of breath retention are outlined. (v71-4) Kevala kumbhaka, spontaneous breath retention leads us to a one pointed-mind and Raja Yoga (supreme union)

Chapter Three Mudra & Bandha

Kundalini is the support of all practices
When awakened the kundalini pierces granthis (psychic blocks)

The nature of ida, pingala and sushumna nadis (v4)
Description of Mudra, Jalandhara, Uddiyana and Mula Bandha, originally all considered to be a mudra, now seen as separate bandhas and when performed together known as Maha Mudra

Mudras & Bandhas:

- Maha Mudra – the great attitude
- Maha Bandha – the great lock
- Maha vedha mudra – great piercing attitude
- Khechari mudra – attitude of dwelling in supreme consciousness
- Uddiyana Bandha – abdominal lock
- Mula Bandha – perineum lock
- Jalandhara Bandha – throat lock
- Viparita karani mudra – reversing attitude
- Vajroli mudra – thunderbolt attitude
- Sahajoli mudra – attitude of spontaneous arousing
- Shakti chalana mudra – attitude of moving energy
- Amaroli Mudra – attitude of arousing immortality

The Nature of Kundalini Shakti explored
The Body is the divine experience and manifestation so it's cultivation is a way to Liberation (v123)
Shambavi Mudra for one-pointedness (v125)

Chapter Four Samadhi

Exploration of Samadhi: Sama = equal Dhi = reflection
The nature of Shoonya, the Void: Karma destroyed
Laya is examined where the witness, witnessing and witnessed are one, with no individual 'I' aka Samadhi

Stages of Nada (sound) as Kundalini rises and granthis are pierced

The elimination of death and the experience of the bliss of Brahman, Supreme Consciousness.

Enlightenment or illumination beyond the body, mind, emotions and senses. Moving beyond Samsara, the Cycle of Death & Rebirth, beyond time & space

Achieving Moksha or Freedom.

There is a very useful glossary of terms at the end of the HYP and also a translation of the verses without the accompanying commentary.