**A summary of the path of Hatha Yoga**

**Background of Hatha Yoga as set out in HYP**

Please read the introduction to the HYP for help:

* The Hatha Yoga Pradipika, written by Swatmarama in around C13th to C15th
* complete and accessible text on Hatha Yoga
* It is largely a technical formula on how to achieve Liberation or Moksha
* Hatha Yoga comes from the Tantric Tradition, after the proliferation of Buddhismin India around 6th CE
* Tantric yogis such as Goraknath and Matsyendranath established Hatha Yoga as a new system of self-realization based solely upon the purification of the body
* The body was seen as divine
* It was different from other systems where the aim was to transcend this world and leave behind the suffering it engenders.
* It removed the aspects of meditation and ritual, yamas & niyamas of Classical Yoga, reminiscent of Buddhism believing the mind is too mercurial and changing behaviour can create inner tension.
* **In Hatha Yoga the transformation of consciousness became a physiological possibility but working with the physical body and its subtle pranic energies**
* Hatha yoga leads us to raja yoga where the mind becomes one-pointed and samadhi becomes possible
* It is a science of Prana – working with subtle energies of prana – by bringing balance to pranic energies balance physical body and mind & senses – then direct prana to the liberation of kundalini
* Science of Purification – removing obstacles using shatkarmas, asana, pranayama etc.
* Also known as forceful or violent yoga – initiating the rise of kundalini in a conscious way