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"Hatha Yoga Pradipika" is an elaborate presentation of practical guidelines for Hatha yoga, intended to lead the practitioner from awareness of the body to awareness of the Self. The techniques of Hatha yoga explained in the text are meant to guide the practitioner toward Self-realization, which, in turn, leads to enlightenment.

### **What is Hatha Yoga Pradipika? - Definition from Yogapedia**

The Hatha Yoga Pradipika is a classic Sanskrit manual on Hatha yoga, written by Svami Svatmarama, a disciple of Swami Gorakhnath. Said to be the oldest surviving text on the hatha yoga,

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