

Four Lectures on the Hathapradipika

by Norman Sjoman



The Hathapradipika is the basic textual authority for the practice of hathayoga and thus, the most important source for contemporary yoga. It is a text presenting the dimensions of hathayoga as a spiritual discipline. It brings an entirely different perspective to yoga than the philosophical text of Patanjali's Yoga Sutras.

Dr. Sjoman, who recently spoke on the Yoga Sutras here, is going to take us through the neglected and difficult Hathapradipika. The text is difficult because many of the points are made in a secret Tantrik language. He is going to relate that text to the Yoga Sutra text, to the Tantrik texts after Gorakbnath, to documentation of tantric practice, and to the later Saivite schools so that it may easily be understood in the light of contemporary yoga practice originating from the Mysore Palace.

Dr. Sjoman's work has been cited extensively in the recently published volume on Yoga, the 12th Volume of the Encyclopedia of Indian Philosophy. He has also been cited in the Encyclopedia of Traditional Asanas published from Lonavla, India. He has spoken on Yoga at the American Associations of Religion in Washington DC.

This is an opportunity for direct access to the text, not from a translation but from an authority on the tradition who knows the language. Don't miss it...its basic knowledge... who we are, where do we come from and where are we going.

Texts of the Hathapradipika will be available at the Yogashala.

*Location: The Yoga Shala, 1511 19th St NW, Calgary
Telephone 403 2103000*

*Dates: Sunday, February 1, 8, 15 & 22
Time: 5:30PM to 7PM
Cost: \$108 for the series; \$40 for individual lectures.*

Participants will have their names entered into a draw for an original print on display at the Yoga Shala.