

## YOGA ASSOCIATION OF ALBERTA

### DEFINITION OF HATHA YOGA

HATHA YOGA, also called *hatha-vidya* (science of hatha), is a branch of yoga that historically refers to a "vast body of doctrines and practices geared toward Self-realization by means of perfecting the body" (Georg Feuerstein, *Encyclopedic Dictionary of Yoga* [EDY]). As such, hatha yoga sees the body itself as the primary vehicle for personal transformation. Its central practices include ritual techniques to purify the body and yogic postures (*asana*) and breath control practices (*pranayama*) to progressively culture and transform the body.

While all schools practise *asana* and *pranayama* while applying the *yamas* (moral principles) and *niyamas* (moral restraints), some contemporary schools of hatha yoga still retain a strong emphasis on the practice of purification techniques while others direct their teachings almost exclusively toward *asana* and *pranayama* as sufficient tools for mental and physical purification.

The literal meaning of the word "hatha" is "force" or "forceful," which derives from the intended difficulty and austerity of the practices. The word has further significance in that "its two component syllables, "ha" and "tha" are frequently explained as standing for the microcosmic "sun" (*surya*) and "moon" (*chandra*) respectively, while yoga is the "union" between these two principles." (EDY)

*Hatha yoga* is sometimes contrasted with *raja yoga* and *kriya yoga*; the former being directly associated with Patanjali's eightfold path (ashtanga yoga) as expounded in his Yoga Sutras. Many schools of hatha yoga adopt the higher stages of ashtanga yoga practice – concentration (*dharana*), meditation (*dhyana*) and absorption (*samadhi*) – and see the emphasis on practising the first five limbs (*yama* and *niyama*, *asana*, *pranayama* and *pratyahara* / sense withdrawal) as a stepping stone to *raja yoga*.

The teacher credited as its inventor is Goraksha (9th century C.E.). The two main texts that describe its principles and characteristics are the *Hatha-Yoga-Pradipika* (Light on Forceful Yoga) by Svatmarama (mid-14th century C.E.) and the *Gheranda Samhita* (Gheranda's Collection) by the sage Gheranda (late 17th century C.E.).

Among western practitioners hatha yoga is identified primarily with the yoga postures. All initial levels of teaching in hatha yoga concentrate first on asana practice, leading the student gradually toward breathing and meditation techniques.