



# Hatha Yoga: The Hidden Language, Symbols, Secrets & Metaphors

*Swami Sivananda Radha*

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## **Hatha Yoga: The Hidden Language, Symbols, Secrets & Metaphors** Swami Sivananda Radha

Long considered essential reading for Hatha Yoga students and teachers, the revised 20th anniversary edition of Hatha Yoga: The Hidden Language presents 22 classical Hatha asanas with in-depth investigations into their symbolic natures. Swami Sivananda Radha explores the mythological meaning of each posture as she encourages the hatha yogi to stretch beyond the physical. Building on the classical foundations of an ancient tradition, Swami Radha brilliantly synthesizes the ancient wisdom of yoga with an understanding of psychological and spiritual facets of contemporary life. With this approach, one can penetrate the mystical messages of the asanas so that the body is truly understood as a spiritual tool. It was twenty years ago when Swami Radha first introduced the transformational Hidden Language method to students interested in going deeper with their practice. Now, with expanded instructions on how to incorporate the Hidden Language method into a personal practice, beautiful photographs by Derek Shapton and an introduction by ascent columnist, Swami Lalitananda, the 20th anniversary edition of HLHY is essential reading for the serious student of yoga. “This book contains the insights of an extraordinary woman who dared to look deeper into the practice of asana to experience wholeness, which is the essence of yoga.” – Sharon Gannon, co-founder of the Jivamukti Yoga method “Swami Radha's book has been on my bookshelf since it was first published. The language of yoga, as spoken by Swami Radha, speaks to my heart.” – Amy Weintraub author and yoga teacher

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