

Hatha Yoga

Archives

- [November 2018](#)

Categories

- [Uncategorized](#)

Meta

- [Site Admin](#)
- [Log out](#)
- [Entries RSS \(Really Simple Syndication\)](#)
- [Comments RSS \(Really Simple Syndication\)](#)
- [WordPress.org](#)



By Ms Sarah Welch – Own work, CC BY-SA 4.0,
<https://commons.wikimedia.org/w/index.php?curid=57694846>



By Ms Sarah Welch – Own work, CC BY-SA 4.0,
<https://commons.wikimedia.org/w/index.php?curid=57694846>

Hatha yoga is a branch of Yoga, one of the six schools of Hinduism. The word *haṭha* literally means “force” and thus alludes to a system of physical techniques.

In India hatha yoga is associated in popular tradition with the ‘Yogis’ of the Natha Sampradaya through its mythical founder Matsyendranath. Matsyendranath, also known as Minanath or Minapa in Tibet, is celebrated as a saint in both Buddhist and Hindu tantric and hatha yoga schools. However, James Mallinson associates hatha yoga with the Dashanami Sampradaya and the mystical figure of Dattatreya. According to the Dattatreya Yoga Śāstra, there are two forms of hatha yoga: one practiced by Yajñavalkya consisting of the eight limbs of ashtanga yoga and another practiced by Kapila consisting of eight mudras. Currently, the oldest dated text to describe hatha yoga, the 11th century CE *Amṛtasiddhi*, comes from a tantric Buddhist milieu. The oldest texts to use the actual verbiage of *hatha* are also Vajrayana Buddhist.

In the 20th century, hatha yoga, particularly asanas (the physical postures), became popular throughout the world as a form of physical exercise, and is now colloquially termed simply as “yoga.”

[Edit](#)

Recent Posts

- [Goals of Yoga](#)
- [My Personal Yoga Journey](#)
- [Yoga Attire](#)
- [Local Yoga](#)
- [Hello world!](#)

Recent Comments

- final on [Local Yoga](#)
- [A WordPress Commenter](#) on [Hello world!](#)

