This book introduces, edits, and translates the two earliest texts of the hathayoga tradition, the Amṛtasiddhi and the *Amṛtasiddhimūla (which survives only in Tibetan translation). Basing their study on a bilingual manuscript, an extremely rare phenomenon, the authors argue that the origins of hathayoga are found in an eclectic tantric Buddhist milieu, probably active in the second half of the 11th century CE. The texts provide fundamental and later very influential teachings on the nature of the yogic body, psycho-physical practices centred on manipulating bindu, the types of practitioners, and much more. The book is addressed primarily to scholars, but will also be of interest to students and practitioners of yoga.

About the authors

James Mallinson studied Sanskrit at Oxford and is Reader in Indology and Yoga Studies at SOAS University of London and chair of the SOAS Centre of Yoga Studies. From 2015 to 2020 he was Principal Investigator of the ERC-funded Hatha Yoga Project and from 2021 to 2024 he will be Principal Investigator of the AHRC/DFG-funded Light on Hatha project, which will produce a critical edition of the Haṭhapradīpikā.

Péter-Dániel Szántó (1980) started his studies in Tibetology and Indology at Eötvös Loránd University, Budapest. He defended his doctorate in Oxford, prepared under the supervision of Alexis Sanderson, and then held several post-doctoral positions (Merton College, Universität Hamburg, All Souls College). He is currently working at the University of Leiden. His research focuses mainly on the history and literature of tantric Buddhism in South Asia.
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