

THE AMṚTASIDDHI AND AMṚTASIDDHIMŪLA

The Earliest Texts of the Haṭhayoga Tradition



Critically edited and translated by
James MALLINSON and Péter-Dániel SZÁNTÓ

This book introduces, edits, and translates the two earliest texts of the hathayoga tradition, the Amrtasiddhi and the *Amrtasiddhimula (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.

The Amṛtasiddhi and Amṛtasiddhimūla

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by James Mallinson and Péter-Dániel Szántó**

Collection Indologie n° 150
Haṭha Yoga Series n° 2
Coédition IFP- EFEO

17 x 24 cm, 203 p. Langage: English, Sanskrit
ISBN (EFEO) : 978 2 85539 245 5 - 19 €
ISBN (IFP) : 978 81 8470 242 2

February 2022

Diffusion / Distribution :

EFEO Diffusion
22 av. du Président Wilson
75116 PARIS
Tél : +33 (0)1 53 70 18 37
Fax : +33 (0)1 53 70 18 38
efeo-diffusion@efeo.net

Available to order in your Bookstore

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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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