



# Sanskrit Precursors To Modern Yoga

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*March 2021*

# Recent Scholarship on Yoga

“[...] there is virtually nothing that allows for the construction of a history of *āsana* practice. Clearly this signals the need for ongoing research. [...] the paucity of any clear history of practice in the eighteenth and nineteenth centuries should raise a red flag of sorts concerning the putative antiquity of everything that is now counted as Haṭha Yoga.”

Joseph Alter 2004



DR M. L. GHAROTE

‘Encyclopaedia of Traditional Asanas’

Pune: Lonavla Yoga Institute (India)

First Published 2006

# Encyclopaedia of Traditional Asanas



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Karl Baier / Philipp A. Maas / Karin Preisendanz (eds.)

# Yoga in Transformation

Vienna University Press



PHILIPP MAAS

JASON BIRCH

‘Yoga in Transformation’  
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# Āsana in the Pātañjalayogaśāstra

## Bhāṣya (list of names)

- |                      |  |
|----------------------|--|
| 1. Padmāsana         | Lotus pose                                     |
| 2. Vīrāsana          | Hero's pose                                    |
| 3. Bhadrāsana        | Auspicious pose                                |
| 4. Svastika          | The lucky sign                                 |
| 5. Daṇḍāsana         | Staff posture                                  |
| 6. Sopāśraya         | Supported pose                                 |
| 7. Paryāṅka          | Sofa pose                                      |
| 8. Krauñcaniṣadana   | Sitting like a heron                           |
| 9. Hastiniṣadana     | Sitting like an elephant                       |
| 10. Uṣṭraniṣadana    | Sitting like a camel                           |
| 11. Samasamsthāna    | Even position                                  |
| 12. Sthitaprasrabdhi | [A pose in which] attentiveness is established |
| 13. Yathāsukha       | According to what is comfortable               |
| 14. ity evamādi      | And so forth!                                  |

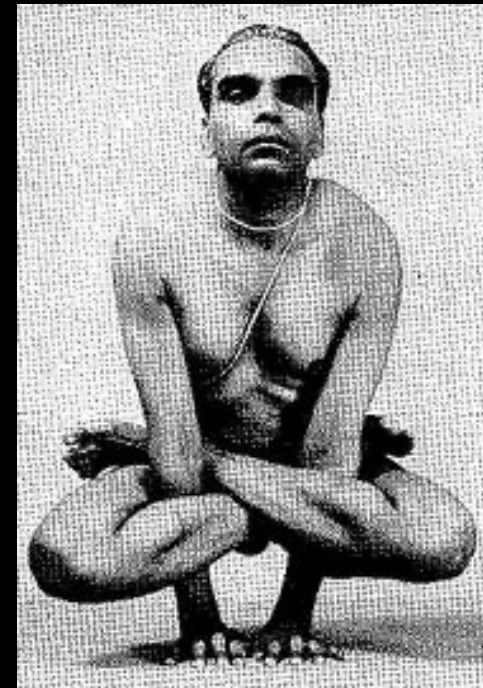
# Āsana in Early Haṭhayoga

Text	No. of Āsana
<i>Amaraugha</i> (12 <sup>th</sup> c.), <i>Yogabīja</i> (13 <sup>th</sup> c.)	0
<i>Dattātreya yogaśāstra</i> (13 <sup>th</sup> c.)	1
<i>Vivekamārtaṇḍa</i> (12–13 <sup>th</sup> c.)	2
<i>Śivasamhitā</i> (15 <sup>th</sup> c.)	4
<i>Vasiṣṭhasamhitā</i> (12–13 <sup>th</sup> c.)	10

# Āsana in Early Haṭhayoga



Mayūrāsana



Kukkuṭāsana

# Proliferation of Āsana

Date	Text	No. of Āsana
15 <sup>th</sup> c.	<i>Haṭhapradīpikā</i>	15
17 <sup>th</sup> – 18 <sup>th</sup> c.	<i>Gheraṇḍasaṃhitā</i>	32
	<i>Yogacintāmaṇi</i>	35
	<i>Yogacintāmaṇi</i> (Ujjain ms.)	55/118
	<i>Haṭharatnāvalī</i>	36/84
	<i>Jogaṇḍīpyakā</i>	84
	<i>Siddhāntamuktāvalī</i>	96
	<i>Yogāsanamālā</i>	108
	<i>Yogāsana</i>	108
	<i>Haṭhābhyāsapaddhati</i>	112



Karl Baier / Philipp A. Maas / Karin Preisendanz (eds.)

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JASON BIRCH and MARK SINGLETON

‘The Yoga of the Haṭhābhyāsapaddhati:

Haṭhayoga on the Cusp of Modernity’

*Journal of Yoga Studies*, [S.l.], v. 2, p. 3–70

Dec. 2019. ISSN 2664-1739.



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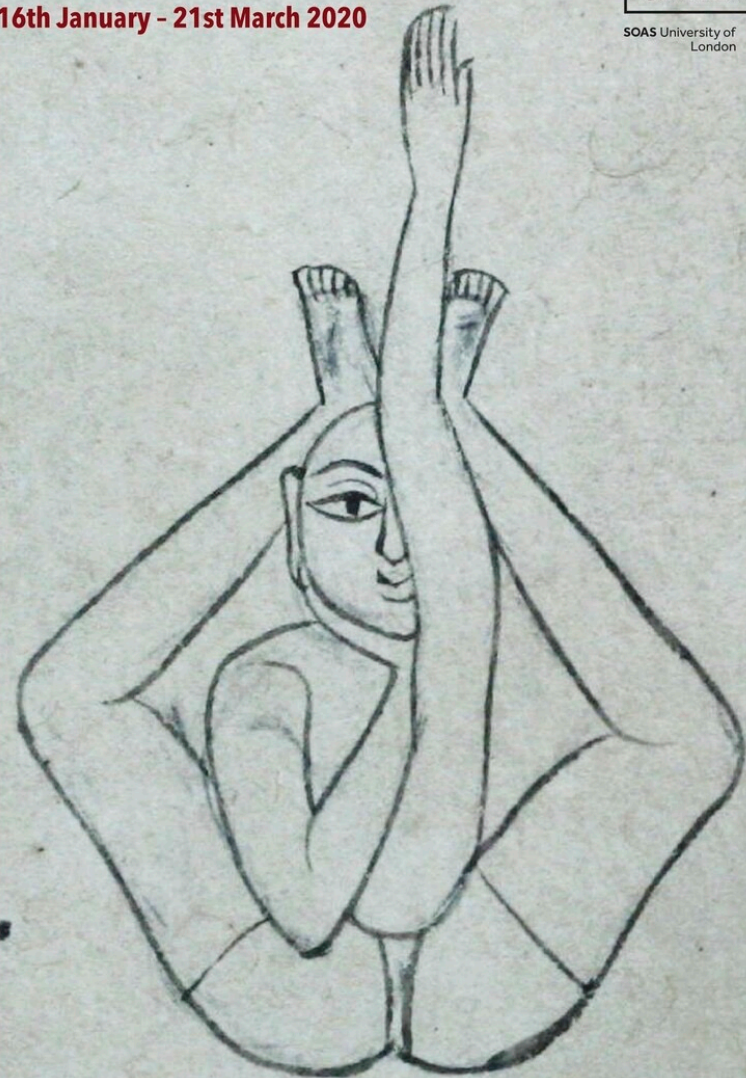
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The Textual, Ethnographic and Historical  
Research of the Hatha Yoga Project



THE  
HATHA YOGA  
PROJECT



# Śrītattvanidhi

19<sup>th</sup> century Royal Compendium

Mysore Palace Archives  
Mysore, Karnataka, India

Image source:

*The Yoga Tradition of the Mysore Palace*

by Dr Norman Sjoman (1996)





# Haṭhābhyāsapaddhati

## Main Topics

1. The Yogin's Hut (*maṭhikā*)
2. Yama and Niyama
3. Āsana
4. Śaṭkarma
5. Prāṇāyāma
6. Mudrā

# Haṭhābhyāsapaddhati

## Āsana Sequences

1. Supine (uttāna) [1-22]
2. Prone (nyubja) [23-47]
3. Stationary (sthāna) [48-74]
4. Standing (utthāna) [75-93]
5. Postures with ropes (rajju) [94-103]
6. Postures which pierce the sun and moon (sūryacandrābheda) [104-112]