YOGA EDUCATION

The Classic Yoga Studies are available in Clothbound and Paperback editions. Paperback editions, are meant only for India.

Yoga Sutra: This original text of classic Yoga compiled 2300 years ago by Patañjali represents its ideology, philosophy, science and technology for spiritual evolution of man. Translated by Shri Yogendra as firsthand knowledge of Yoga based on his personal and teaching experience of over 60 years. The Yoga Sutra is a must for every student and teacher of Yoga.

Shri Yogendra: Glimpses from the life of Shri Yogendra, the householder yogi and pioneer of modern yoga technology. Indian Reprint. Fully illustrated.


Yoga Physical Education, Vol. II for women. The first to be written by a woman for women after years of research. Ninth Reprint.


Yoga Personal Hygiene, Vol. II. It deals with respiratory, sexual and nervous discipline of Hathayoga. Seventeenth Reprint.

Yoga Essays: Reorientation of the basic yoga ideology to sociological purposes. Fifth Reprint.

Facts about Yoga: A panoramic perspective of yoga idealism and realism. Third Reprint.

Why Yoga: It deals with the reasons why Yoga is necessary even in this modern scientific age. First Edition.

Self-Improvement: How to achieve it through Yoga. Second Edn.

Yoga and Therapy: Extracts of the pioneer effort of The Yoga Institute with random Case Reports and follow-ups from 1918 onwards. First Edition.


Journal of The Yoga Institute: First issued in 1931, this monthly deals with yoga ideology and technology. Vols. VII to XXIII are still available. Annual subscription: Rs. 12; £1.50; $ 3.00.

Wall Posters: The nine wall posters are for classrooms and exhibition.

Film Slides: (i) Better Living, (ii) Modern Yoga Centre and (iii) Eightfold Path of Yoga.

Prices quoted against order.

THE YOGA INSTITUTE, Santa Cruz, Bombay 400 055.
©1990

Owner: The Yoga Institute, Bombay-400 055.
Edited and Published by Dr. Jayadeva Yogendra for The Yoga Institute, Account Yogendra Publications Fund, Santa Cruz, Bombay-400 055 and printed by him at The Examiner Press, Dalal St., Bombay 400 023.
CORRUPT READING OF A VERSE IN THE HATHAYOGA PRADIPIKĀ

THE following verse is found in all the printed editions (including the critical edition published by the K.S.M.Y.M. Samiti, Loňavla, Pune), of the Hathayoga-pradipikā (4.99):

चष्टाद्विनादस्तत्र सत्ववत: करणवृत्तिः हृदिनयस्य।
प्रहरणमि सुकर्ष शरस्तम्त्रस्वीणस्ते।

It is a pity that all the editors of the H.Y.P. failed to observe the defective character of this verse. If the verse is read loudly it would at once appear that it is defective so far as its metre is concerned.

All will agree that the metre of the verse is आर्या. The verse as printed contains 28 मात्राः (moras) in the first half and 25 moras in the second half. The metre demands that the first half must contain 30 and the second half 27 moras.

On a closer examination it appears that the first foot of the first half चष्टाद्विनादस्तत्र is faultless but the second foot (सत्ववत: करणवृत्तिः हृदिनयस्य) is defective as it contains 16 moras instead of 18 moras (as are required according to the rules of Prosody).

If we read Brahmānanda’s commentary on this verse it appears that according to him the reading is सत्ववत: करणवृत्तिः i.e. he read the verse with the word शरस्तम्त्रस्वीणस्ते (and not with शरस्तम्त्रस्वीणस्ते only). Now, if this reading is accepted, there occurs no loss of mora and the first half becomes faultless.

Let us examine the second half. There is no fault in the fourth foot (शरस्तम्त्रस्वीणस्ते) so far as the metre is concerned. The third foot (प्रहरणमि सुकर्ष श्रावः) has 10 moras instead of 12 moras as are required by the rules of Prosody. If we amend the foot as प्रहरणमि सुकर्ष श्रावः (i.e. if we add the simple verb श्रावः after the word सुकर्ष) then the foot becomes defect-less. As the fourth foot contains the particle मित्र it is quite natural that the third foot has श्रावः, a finite verb, showing the possibility of an action.

The foregoing consideration shows that the correct (and original) reading of the verse is as follows:

चष्टाद्विनादस्तत्र सत्ववत: करणवृत्तिः हृदिनयस्य।
प्रहरणमि सुकर्ष श्रावः शरस्तम्त्रस्वीणस्ते।

(त of श्रावः is changed into त्र as is desired by the rules of sandhi; it can optionally be changed into त्र also).

R. S. BHATTACHARYA

WEEKLY YOGA HEALTH CAMPS

The sick and the seekers of a better way of life may now join short residential camps at The Yoga Institute. Topics covered include relaxation, mental discipline, yoga āsana, prāṇāyāma, dietetics and spiritual guidelines. Residents are practically initiated in such a better way of life. Special hostel arrangements for men and women are provided also medical assistance and wholesome food. It has been found that such camps help students in controlling chronic psychosomatic ailments like diabetes, asthma, rheumatism, gastric disorders, hypertension, etc. Life in such camps aids in checking psychiatric disturbances, and is useful in inducing a yogic attitude to life. Researches carried out on these principles for the Ministry of Health in 1970 revealed 82 per cent improvement.

Persons desirous of joining the camp may register their names by paying in advance per week Rs. 270/- for board, lodge and tuition. The applicants may mention the camp they wish to join beginning every second Saturday of each month. On receipt of their letters, they will be informed the date they are to join the Camp. Telephone 6122185.