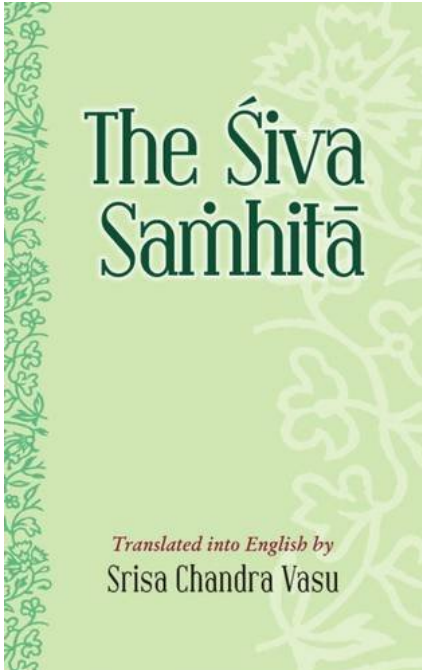


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The Siva Samhita



About the Book

Siva's compendium, written during the 18th century, made it appear as if Siva himself was speaking. The work frequently alludes to the Tantras and there is a distinct Buddhist influence throughout the text. This is one of three major surviving classical treatises on the Hatha Yoga. It deals with abstract yogic philosophies, tantric practices, mudras and meditation. It emphasizes that even householders can practise yoga and benefit from it. This English translation has rare insights into this ancient text.

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