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In his new book, *Original Yoga: Rediscovering Traditional Practices of Hatha Yoga*, Richard Rosen digs into these three source materials to presents an in-depth study of the practices and postures of traditional hatha yoga.

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In India, haṭha yoga is associated in popular
tradition with the Yogis of the Natha
Sampradaya through its traditional founder
Matsyendranath, who is celebrated as a saint

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in both Hindu and Buddhist tantric and haṭha yoga schools. Almost all hathayogic texts belong to the Nath siddhas, and the important ones are credited to Matsyendranath's disciple, Gorakhnath or Gorakshanath.

Hatha yoga - Wikipedia

A yogi is a practitioner of yoga, including a sannyasin or practitioner of meditation in Indian religions. The feminine form, sometimes used in English, is yogini.. Yogi has since the 12th century CE also denoted members of the Nath siddha tradition of Hinduism, and in Hinduism, Buddhism and Jainism, a practitioner of tantra. In Hindu mythology, the god Shiva and the goddess Parvati are ...

Yogi - Wikipedia

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