



# Yantra Yoga: Tibetan Yoga of Movement

By Chogyal Namkhai Norbu

Download now

Read Online →

## Yantra Yoga: Tibetan Yoga of Movement By Chogyal Namkhai Norbu

Yantra Yoga, the Buddhist parallel to the Hathayoga of the Hindu tradition, is a system of practice entailing bodily movements, breathing exercises, and visualizations. Originally transmitted by the mahasiddhas of India and Oddiyana, its practice is nowadays found in all schools of Tibetan Buddhism in relation to the Anuttaratantras, more generally known under the Tibetan term *trulchor*, whose Sanskrit equivalent is *yantra*. The Union of the Sun and Moon Yantra (Phrul 'khor nyi zla kha sbyor), orally transmitted in Tibet in the eighth century by the great master Padmasambhava to the Tibetan translator and Dzogchen master Vairochana, can be considered the most ancient of all the systems of Yantra, and its peculiarity is that it contains also numerous positions which are also found in the classic Yoga tradition.

Chögyal Namkhai Norbu, one of the great living masters of Dzogchen and Tantra, started transmitting this profound Yoga in the seventies and at that time wrote this commentary, which is based on the oral explanations of some Tibetan yogins and siddhas of the twentieth century. All Western practitioners will benefit from the extraordinary instructions contained in this volume.

↓ [Download Yantra Yoga: Tibetan Yoga of Movement ...pdf](#)

📄 [Read Online Yantra Yoga: Tibetan Yoga of Movement ...pdf](#)

# Yantra Yoga: Tibetan Yoga of Movement

By Chogyal Namkhai Norbu

## Yantra Yoga: Tibetan Yoga of Movement By Chogyal Namkhai Norbu

Yantra Yoga, the Buddhist parallel to the Hathayoga of the Hindu tradition, is a system of practice entailing bodily movements, breathing exercises, and visualizations. Originally transmitted by the mahasiddhas of India and Oddiyana, its practice is nowadays found in all schools of Tibetan Buddhism in relation to the Anuttaratantras, more generally known under the Tibetan term *trulkhor*, whose Sanskrit equivalent is *yantra*. The Union of the Sun and Moon Yantra (Phrul 'khor nyi zla kha sbyor), orally transmitted in Tibet in the eighth century by the great master Padmasambhava to the Tibetan translator and Dzogchen master Vairochana, can be considered the most ancient of all the systems of Yantra, and its peculiarity is that it contains also numerous positions which are also found in the classic Yoga tradition.

Chögyal Namkhai Norbu, one of the great living masters of Dzogchen and Tantra, started transmitting this profound Yoga in the seventies and at that time wrote this commentary, which is based on the oral explanations of some Tibetan yogins and siddhas of the twentieth century. All Western practitioners will benefit from the extraordinary instructions contained in this volume.

## Yantra Yoga: Tibetan Yoga of Movement By Chogyal Namkhai Norbu Bibliography

- Sales Rank: #501042 in Books
- Brand: Brand: Snow Lion
- Published on: 2008-12-16
- Released on: 2008-12-16
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 1.06" w x 5.98" l, 1.24 pounds
- Binding: Paperback
- 416 pages

 [Download Yantra Yoga: Tibetan Yoga of Movement ...pdf](#)

 [Read Online Yantra Yoga: Tibetan Yoga of Movement ...pdf](#)

## Download and Read Free Online Yantra Yoga: Tibetan Yoga of Movement By Chogyal Namkhai Norbu

---

### Editorial Review

#### Review

"Such a beautiful book about a system of practice that involves bodily movements, breathing exercises, and visualizations. We learn to twist like a conch, arch like a camel, flame like a lotus, curve like a bow—and know exactly why we are doing it. . . . All Western practitioners will benefit from the clear and precise instructions."—*Mandala Magazine*

"The definitive work on yantra. . . . Practitioners of hatha yoga will be interested."—*Shambhala Sun*

"An enthusiastically recommended addition to Tibetan Buddhist studies shelves."—*Wisconsin Bookwatch*

"This is a must-have for anyone interested in an authentic lineage of hatha yoga practice."—*Yoga + Joyful Living*

#### Review

"...an enthusiastically recommended addition to Tibetan Buddhist studies shelves."

"...the definitive work on yantra...Practitioners of hatha yoga will be interested."--Shambhala Sun, May 2009

#### From the Back Cover

Yantra Yoga, the Buddhist parallel to the Hathayoga of the Hindu tradition, is a system of practice entailing bodily movements, breathing exercises and visualizations. Originally transmitted by the mahasiddhas of India and Oddiyana, its practice is nowadays found in all schools of Tibetan Buddhism in relation to the Anuttaratantras, more generally known under the Tibetan term trulkhor, whose Sanskrit equivalent is yantra.

The Union of the Sun and Moon Yantra ('Phrul 'khor nyi zla kha sbyor), orally transmitted in Tibet in the eighth century by the great master Padmasambhava to the Tibetan translator and Dzogchen master Vairochana, can be considered the most ancient of all the systems of Yantra and its peculiarity is that it contains also numerous positions which are also found in the classic Yoga tradition.

Chogyal Namkhai Norbu, one of the great living masters of Dzogchen and Tantra, started transmitting this profound Yoga in the seventies, and at that time wrote this commentary which is based on the oral explanations of some Tibetan yogins and siddhas of the twentieth century. All Western practitioners will benefit from the extraordinary instructions contained in this volume.

Chögyal Namkhai Norbu is one of the great living masters of Dzogchen. He was a professor at the Oriental Institute of the University of Naples, Italy, and is the author of *The Crystal and the Way of Light* and *Dzogchen: The Self-Perfected State*.

Adriano Clemente first studied Yantra Yoga with Chogyal Namkhai Norbu in the 1970s. He is the co-author of *The Supreme Source*.

## **Users Review**

### **From reader reviews:**

#### **Vicki Allen:**

What do you think of book? It is just for students because they are still students or the idea for all people in the world, exactly what the best subject for that? Just you can be answered for that concern above. Every person has different personality and hobby for each and every other. Don't be obligated someone or something that they don't wish do that. You must know how great as well as important the book Yantra Yoga: Tibetan Yoga of Movement. All type of book would you see on many resources. You can look for the internet sources or other social media.

#### **Ross Turner:**

This Yantra Yoga: Tibetan Yoga of Movement is great guide for you because the content that is full of information for you who always deal with world and still have to make decision every minute. This book reveal it details accurately using great coordinate word or we can point out no rambling sentences inside it. So if you are read this hurriedly you can have whole details in it. Doesn't mean it only gives you straight forward sentences but hard core information with splendid delivering sentences. Having Yantra Yoga: Tibetan Yoga of Movement in your hand like having the world in your arm, info in it is not ridiculous just one. We can say that no guide that offer you world throughout ten or fifteen small right but this publication already do that. So , this really is good reading book. Heya Mr. and Mrs. hectic do you still doubt that will?

#### **Lewis Wade:**

Reserve is one of source of expertise. We can add our expertise from it. Not only for students but native or citizen want book to know the update information of year to be able to year. As we know those guides have many advantages. Beside we all add our knowledge, can bring us to around the world. From the book Yantra Yoga: Tibetan Yoga of Movement we can consider more advantage. Don't someone to be creative people? To get creative person must prefer to read a book. Just simply choose the best book that suited with your aim. Don't become doubt to change your life at this book Yantra Yoga: Tibetan Yoga of Movement. You can more pleasing than now.

#### **Johnny Cahill:**

A number of people said that they feel bored stiff when they reading a guide. They are directly felt the idea when they get a half elements of the book. You can choose the particular book Yantra Yoga: Tibetan Yoga of Movement to make your own personal reading is interesting. Your personal skill of reading talent is developing when you similar to reading. Try to choose basic book to make you enjoy to read it and mingle the impression about book and reading especially. It is to be first opinion for you to like to open up a book and read it. Beside that the guide Yantra Yoga: Tibetan Yoga of Movement can to be your brand new friend when you're really feel alone and confuse in what must you're doing of this time.

**Download and Read Online Yantra Yoga: Tibetan Yoga of  
Movement By Chogyal Namkhai Norbu #9H756ZMJYD0**

## **Read Yantra Yoga: Tibetan Yoga of Movement By Chogyal Namkhai Norbu for online ebook**

Yantra Yoga: Tibetan Yoga of Movement By Chogyal Namkhai Norbu Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Yantra Yoga: Tibetan Yoga of Movement By Chogyal Namkhai Norbu books to read online.

### **Online Yantra Yoga: Tibetan Yoga of Movement By Chogyal Namkhai Norbu ebook PDF download**

**Yantra Yoga: Tibetan Yoga of Movement By Chogyal Namkhai Norbu Doc**

**Yantra Yoga: Tibetan Yoga of Movement By Chogyal Namkhai Norbu Mobipocket**

**Yantra Yoga: Tibetan Yoga of Movement By Chogyal Namkhai Norbu EPub**

**9H756ZMJYD0: Yantra Yoga: Tibetan Yoga of Movement By Chogyal Namkhai Norbu**