



Yantra Yoga: Tibetan Yoga of Movement

By Chogyal Namkhai Norbu

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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 Anuttaratanttras, 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.

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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*

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From the Back Cover

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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*.

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