

The Haṭhayogasamhitā - The Direct Precursor of the Gheraṇḍasamhitā?

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Maximilian Hoth is a student in the M.A. program Yoga Studies at the University of Hamburg. He studied Indology and Japanese Studies in Hamburg and completed his B.A. degree in 2023. His study focus is on medieval and early modern haṭhayoga and tantric texts in Sanskrit and Hindi. In previous years he gained experience as a student tutor for Sanskrit at the University of Hamburg and as a self-employed yoga teacher. As of October 2023, he conducts an online Sanskrit class at the Numata Center for Buddhist Studies.

The paper, “The Haṭhayogasamhitā –The Direct Precursor of the Gheraṇḍasamhitā?”, was submitted as his final thesis in the B.A. program Indology at the University of Hamburg. Its results unveil the hitherto overlooked historical, textual, and philosophical connection between the lesser-known Haṭhayogasamhitā and the famed Gheraṇḍasamhitā, exploring how the former may have served as a textual template to the latter. Through a rigorous comparative study, this research highlights the distinctiveness of the Haṭhayogasamhitā and its underappreciated role in shaping the yoga traditions, particularly in the 20th and 21st centuries, when it received limited scholarly attention.

Key elements of the presentation include:

- Historical Context:** An examination of the historical backdrop in which the Haṭhayogasamhitā and Gheraṇḍasamhitā may have emerged, offering insights into the cultural and spiritual milieu of their respective eras.
- Comparative Analysis:** A meticulous exploration of the textual content, practices, and philosophical foundations of both texts, elucidating the clear influence of the Haṭhayogasamhitā on the Gheraṇḍasamhitā.
- Reevaluating Significance:** Discussion on how this rediscovery enriches our understanding of yoga history and philosophy, and why the Haṭhayogasamhitā deserves recognition for its contributions to modern yoga research and practice.

By presenting these findings, this paper seeks to reframe the narrative surrounding the Haṭhayogasamhitā, emphasizing its crucial role in shaping the yoga traditions and calling for a reevaluation of its significance in contemporary yoga scholarship. It underscores the importance of recognizing the lineage that connects the Haṭhayogasamhitā and the Gheraṇḍasamhitā, shedding new light on the rich tapestry of yoga’s evolution over the centuries.

Author: HOTH, Maximilian

Presenter: HOTH, Maximilian

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