



# **The Khecarividya of Adinatha: A Critical Edition and Annotated Translation of an Early Text of Hathayoga (Routledge Studies in Tantric Traditions)**

*By James Mallinson*

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Describing one of the most important practices of hathayoga (*khecarimudra*), the *Khecarividya of Adinatha* is presented here to an English-speaking readership for the first time. The author, James Mallinson, draws on thirty Sanskrit works, as well as original fieldwork amongst yogins in India who use the practice, to demonstrate how earlier tantric yogic techniques developed and mutated into the practices of hathayoga. Accompanied by an introduction and an extensively annotated translation, the work sheds light on the development of hathayoga and its practices.

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A Stellar work of exemplary scholarship, this book should be purchased by individuals with an interest in Yoga and Tantra, and all university libraries.' - *Christopher Key Chapple, Loyola Marymount University, Journal of Hindu Studies 2008*

### About the Author

**James Mallinson** has a BA and DPhil in Sanskrit from Oxford and an MA in South Asian ethnography from SOAS. He has spent several years living with sadhus and yogis in India and now translates Sanskrit poetry for the Clay Sanskrit Library and yoga texts for YogaVidya.com.

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