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Many of the traditional schools of modern yoga, such as Ashtanga Vinyasa Yoga, Iyengar Yoga, and Sivananda Yoga -and by extension any of the teachers taking inspiration from these three - claim that their practices, sequences, and techniques are based in the ancient literature of the hatha yogis, particularly the Hatha Yoga Pradipika, the Siva Samhita, and the Gheranda Samhita.

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Theos Casimir Bernard's 1943 account of traditional hatha yoga as a spiritual path, Hatha Yoga: The Report of A Personal Experience, is a rare insight into the way these practices, known from medieval documents like the Hatha Yoga Pradipika, actually worked.