



# History of Yoga Timeline

## 1800 BCE

characteristics

## early Indus River Valley civilization

finding of artifacts depicting seated yogic postures

## 1500 - 1000 BCE

characteristics

## Vedic Period

migrating, armored clans from north and east merge with settled agrarian villagers in Indian sub-continent to merge means of survival

ritualistic, didactic, authoritative priestly intercessors

*The Vedas* = spiritual texts, hymns & chants. *Rig Veda* most known and influential for future of yoga

## 800 BCE

characteristics

## Sramanic Stream

seekers, known as "rishis," reject priestly authority and set out looking for a direct experience of cosmic reality; pivotal period of human thought that sees new ideas sweeping the globe, from China to Greece

*sram* = to exert effort

somewhere between 600 and 400 BCE Siddhartha Gautama (the Buddha), sets out as of these rishis

## 700 - 200 BCE

characteristics

## Vedanta

*Vedanta* = "the end of the Vedas"

The Upanishads ("sitting down at the feet of") - collections of mystical treatises, stories, songs & poetry expressing what the rishis have experienced

## 300 BCE

characteristics

## Epic Period

the epic tales of *The Ramayana* and *The Mahabharata*

*The Bhagavad Gita* = "song of the lord" generally accepted as an earlier work from the Upanishads set down into the larger work of the Mahabharata in order to disseminate it as a key teaching tale; sets the foundation of *yoga* as a way of life ("*yoga is to break the bonds of suffering*")

## 200 CE

characteristics

## Scholastic Period

Patanjali's *Yoga Sutras* = first codified expression of the teachings of yoga; officially sets yoga as one of the six *darshanas* (systems of Indian philosophy).

Buddhism can be considered the 7th of the *darshanas*, but the Buddha's teachings are widely accepted as considerably influenced by yogic practices and beliefs.

## 1300 - 1500 CE

characteristics

## Hatha Yoga Pradipika

first time we see yoga asana described in detail

## 1893

characteristics

## Vivekananda Brings Yoga to the West

Swami Vivekananda speaks at the World's Congress of Religions in Chicago for the first formal introduction yoga practice and thought to the west. He speaks about the philosophy and demonstrates asana.

## 1930's to 1980's

## The Krishnamacharya Influence

Krishnamacharya (1888 - 1989) is the noted as the most influential teacher of the four teachers whose methods inform and permeate most every yoga style currently practiced in the West today:

- TKV Desikachar (his son) father of the Viniyoga tradition, known for one-on-one healing and therapeutic applications
- BKS Iyengar father of Iyengar Yoga, known for emphasis on strict alignment and use of props
- Pathabi Jois father of Ashtanga Yoga, known for its sequenced flow of asana (Vinyasa yoga is the child of Ashtanga yoga)
- Indra Devi first well-noted female yoga guru, known as the "First Lady of Yoga" in Hollywood beginning in the late 1940's

## 1975

## Yoga Journal publishes first magazine

# The Four Temperaments or Paths of Yoga

**Jnana** yoga of knowledge or wisdom; scholarly approach

**Karma** yoga of action or selfless service

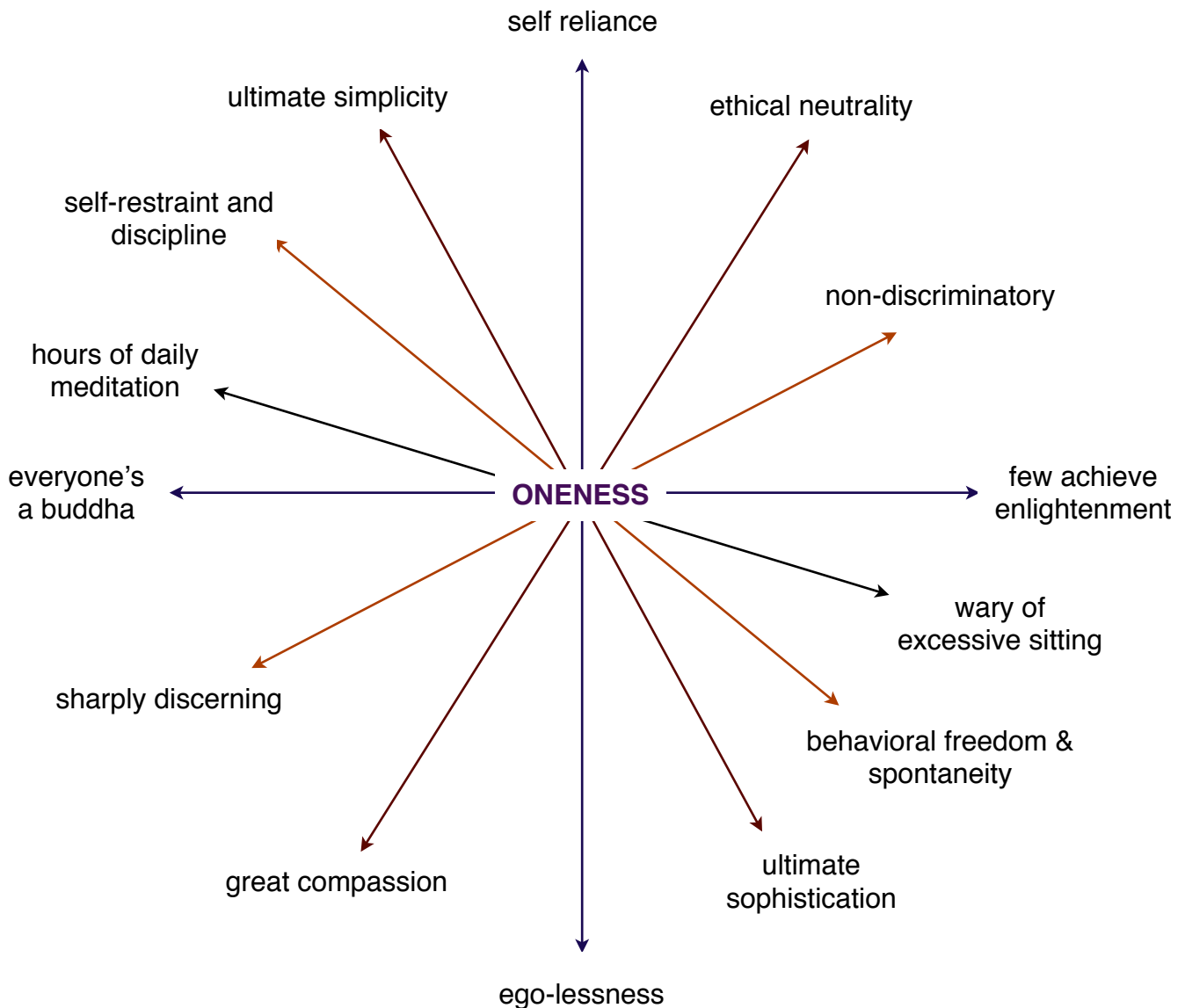
**Bhakti** yoga of devotion; chanting or praying

**Raja** yoga of meditation ("the royal path")

*Hatha Yoga* - yoga of "force" - reconciling of opposing forces; involving the body to prepare for ultimate seat of meditation

Most yoga styles practiced and taught in the West are offshoots of *Hatha Yoga*

# The Field of Contrasts



## Duality vs. Non-Duality

The practice is inherently dual: we choose techniques and set priorities and carry out intentions in certain directions.

The view is inherently non-dual: we are already awake, born divine, and essentially whole.

In order to reconcile the field of contrasts, the practice must support the view. We are called upon to hold awareness of the inherent paradox of being alive – human and divine all at once.