

The background image shows the archaeological ruins of Mohenjo-daro, an ancient city in the Indus Valley. The scene is captured during the "golden hour" of sunset, with a warm, orange glow on the horizon and a clear blue sky above. The ruins consist of numerous rectangular stone structures, some with flat roofs, and a prominent circular structure in the background. A wide staircase is visible on the left side of the frame. The overall atmosphere is serene and historical.

# THE HISTORY

The Birth of Yoga

# Objectives

## Yoga History

- A Great Civilization is Born
- Hinduism vs. Yoga
- The Four Periods of Yoga

# A Great Civilization is Born



- The Indus Valley Civilization
- Vedas make numerous reference to the Sarasvati river
- Major Cities of Mohenjo Daro, Harappa, and Dholavira
- Geometrically organized city streets
- Paved roads, standardized bricks, sewer systems and major architectural structures
- Skilled artisans and tradesmen
- Very little weaponry found
- Written language is yet to be deciphered



# A Great Civilization is Born

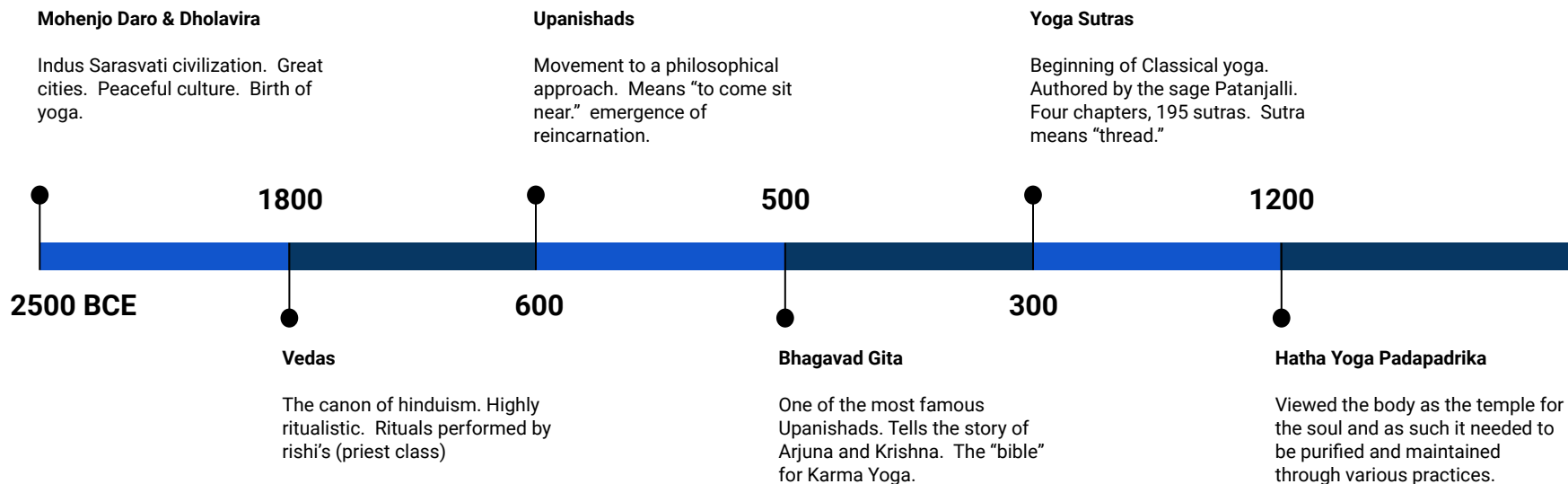


Mohenjo-daro

# The Four Periods of Yoga

01	<b>Archaic</b>	<ul style="list-style-type: none"><li>• 2,000 BCE</li><li>• Vedas</li><li>• Ritualistic - Yoga in Rg Veda as “yuj”</li></ul>
02	<b>Pre-Classical</b>	<ul style="list-style-type: none"><li>• 600 BCE</li><li>• Upanishads</li><li>• Philosophical</li></ul>
03	<b>Classical</b>	<ul style="list-style-type: none"><li>• 300 CE</li><li>• Yoga Sutras</li><li>• Training the Mind to experience the true self</li></ul>
04	<b>Post-Classical</b>	<ul style="list-style-type: none"><li>• 600 CE</li><li>• Hatha Yoga - Tantra Yoga - Vinyasa Yoga</li><li>• Many different styles and belief systems</li></ul>

# CLOSER LOOK AT MAJOR LANDMARKS IN YOGA HISTORY

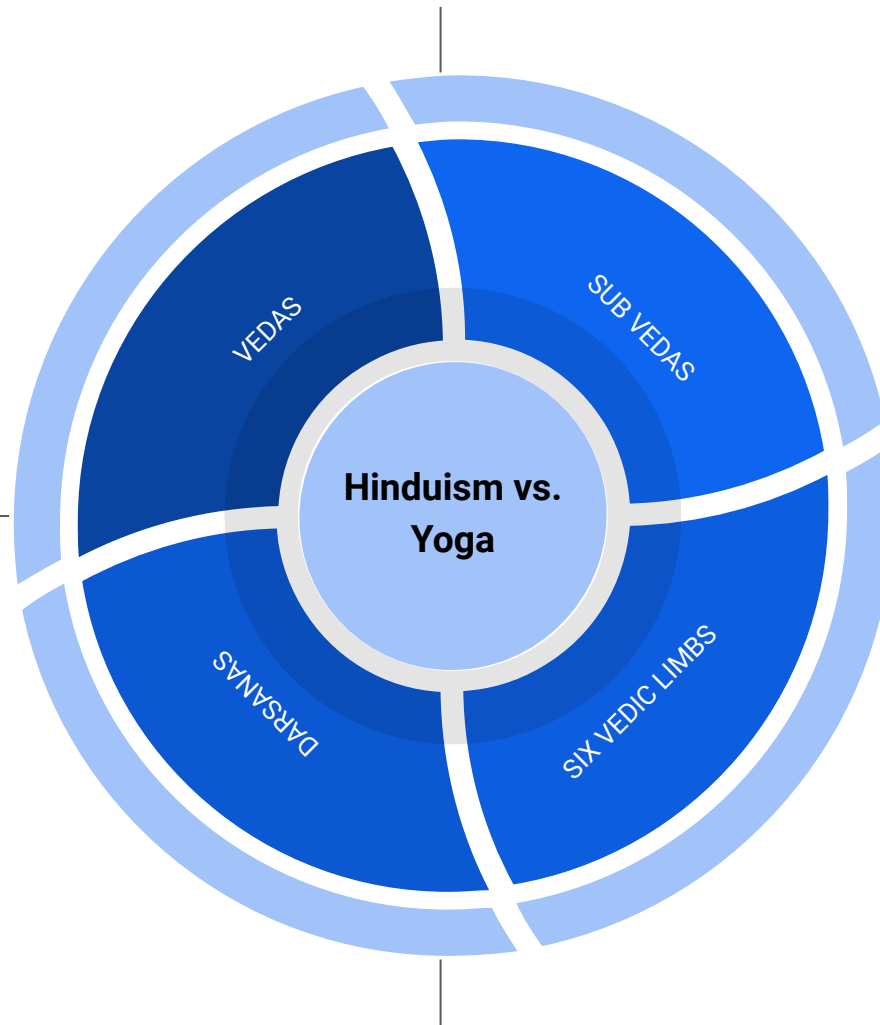


- Rg
- Yajur
- Sama
- Atharva

- Ayurveda
- Gadharva
- Dhanurveda
- Arthaveda

- Sankhya
- Yoga
- Nyaya
- Vaisesika
- Purva mimamsa
- Vedanta

- Phonetics
- Grammar
- Etymology
- Poetic Rhythm
- Rituals and Duties
- Mathematics



# THE SIX DARŚANAS

1. SANKHYA: The distinction between consciousness and nature.
2. YOGA: The control of the mind that enables one to understand the distinction between consciousness and nature.
3. NYAYA: Methods of investigating the truth and the discussion of proof.
4. VAISESIKA: The Discussion of various substances found in the universe including atomic theory.
5. PURVA MIMAMSA: the discussion of virtuous conduct and interpretation of Vedic rituals.
6. VEDANTA: The discussion of the nature of God.



# THE 4 MAIN PATHS TO GOD - yoga darsana

## Karma yoga

The path for the active person, as it is the path of work and duty.

## Bhakti yoga

The path for the emotional person, as it is the path of devotion and love to a personal God.

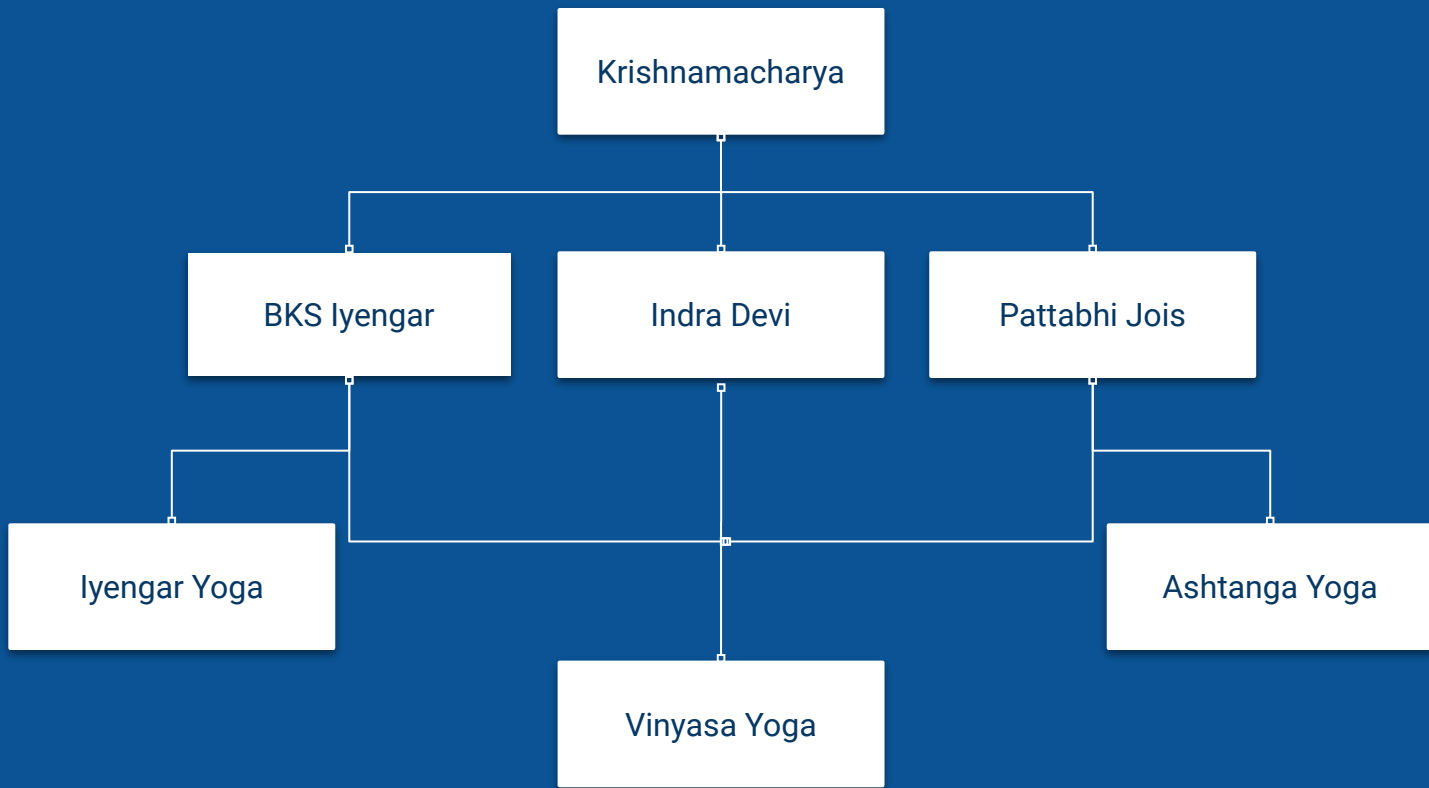
## Jnana yoga

The path of the intellectual person, as it is the path of “right” knowledge.

## Raja yoga

The path of the reflective person, as it is the path of controlling the mind and mastering the senses.

# Yoga in the West



# Yoga Today

- As of December 2015, 52,746 teachers and over 18,000 yoga schools were registered with Yoga Alliance, and there are two people interested in becoming a yoga teacher for every one teacher in the U.S. (Yoga Journal and Yoga Alliance 2016).
- In 2016 more than 14,700 new yoga teachers registered with Yoga Alliance (YA) and many more have completed training but not registered.
- As of November 2018 There were **6,000 yoga studios** in the US

- Hatha
- Iyengar
- Kundalini
- Ashtanga - Power
- Vinyasa
- Bikram
- Hot
- Kripalu
- Jivamukti
- Yin
- Restorative
- Prenatal
- Anusara
- Sivananda