
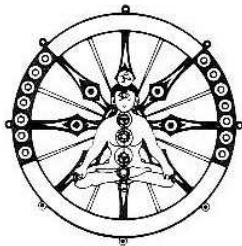





HISTORY OF YOGA 3000 BCE (BC) TO 2000 + CE (AD)

DATE	RELIGIOUS EVENTS	INDIAN TEXT	INDIAN EVENTS	WORLD EVENTS	DATE
3000 BCE/BC	THERE IS A LARGE SUNKEN CITY OFF THE N.W. COST OF INDIA WHICH HAD DISAPPEARED UNDER THE SEA AT THE TIME OF THE ICE AGE AROUND 9,000 B.C. AND WHICH PRE-DATES THE INDUS CIVILISATION. INVESTIGATION PENDING		A POSSIBLE DRAVIDIAN INVASION. THEY SETTLED IN THE INDUS VALLEY IN THE N.W. OF INDIA WITH ORDERED SOCIETY AND CITIES FOR 1500 MILES	FIRST EGYPTIAN DYNASTY. GREAT PYRAMID BUILT.	3000
2500			YOGA IMAGES AND SEATED RITUAL POSTURE. STONE SEALS HAVE BEEN EXCAVATED FROM THIS TIME, BUT THIS WAS NOT UNTIL THE EARLY 20 th CENTURY BY AN ENGLISH ARCHAEOLOGIST.	THE ORIGINS OF THE PEOPLES OF THE INDUS ARE NOT YET FULLY CONFIRMED. THEY MAY HAVE COME FROM SUMERIA OR FROM THE SUNKEN PRE ICE AGE CIVILISATION, OR LATER. THEY INCLUDED ARYANS ARRIVING FROM THE RUSSIAN STEPPES VIA PERSIA.	2500
2000	ABRAHAM AND JOSEPH IN EGYPT.		THE OLDEST BODY OF RELIGIOUS WRITING IN THE WORLD. PERIOD OF THE RIG VEDA.	ARYAN TRIBES FROM EUROPE MAY HAVE ARRIVED AND APPEAR TO HAVE SUBJUGATED / COALESCED WITH THE POPULATION. THE EUROPEAN MYTHS AND EARLIER DRAVIDIAN PRACTICES INFULENCED THE GROWTH OF MEDITATION AND RITUAL	TUTENKHAMEN. BRONZE AGE IN BRITAIN. STONEHENGE BUILT.
1500	ISRAELITES IN EGYPT. EXODUS OF ISRAELITES.	VEDAS COMPOSED IN THE LANGUAGE OF SANSKRIT. ARYAN AND DRAVIDIAN INFLUENCES.	A REACTION AGAINST RITUAL. INDIVIDUAL ISOLATED STUDY BY SOME PREFERRED.	SIEGE OF TROY	1500
1000	KING DAVID. KING SOLOMON. ELIJAH, ELISHA, HOSEA.	BEGINNING OF UPANISHADS WITH THE 'BOOKS OF THE FOREST DWELLERS' AND DEVELOPMENT OF MYSTICAL MEDITATIVE YOGA ALONG WITH FOREST ASHRAMS.	INDEPENDENTLY DEVELOPING FOREST DWELLERS OF N.E. INDIA, PROBABLY KNOWN FOR PROVIDING FERTILITY MANTRAS, TRAVEL AND INFLUENCE THE FOREST PEOPLES AND OTHERS OF THE N.W. ASCETIC PRACTICES, TO ENHANCE MEDITATION, USING PRANAYAMA AND MANTRA RESULT.	FIRST RECORDED OLYMPIAN. SOCRATE'S DISCIPLE PLATO ADDED MYSTICAL ASPECTS FROM THE IDEAS OF THE UPANISHADS ONTO HIS OWN PHILOSOPHY 'PLATONIC THOUGHT'.	1000
500 BC	BUDDHA BIRTH OF CHRIST	MORE UPANISHADS. RAJA YOGA DEVELOPED INTO PATANJALIS SUTRAS WITH THE 'EIGHT LIMBS OF YOGA' BHAGAVAD GITA AND YOGA   	BUDDHA BORN IN THE FOOTHILLS OF NEPAL. HE LEARNS CURRENT YOGA PRACTICES AND REJECTS MYSTICAL SIDE BUT INCLUDES MEDITATION IN 8 FOLD PATH OF BUDDHISM.	GREEK STOICS PRACTISED ASCETICISM. GREAT WALL OF CHINA BUILT.	500 BC
AD		THE SUTRA AND THE GITA <u>MAY</u> HAVE BEEN WRITTEN AROUND THIS TIME.			AD

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0 CE/AD	<p>CRUCIFIXION.</p> <p>DRUIDS IN ENGLAND SUPPRESSED. JOURNEYS OF PAUL.</p> <p>EARLY CHRISTIANS IN S. INDIA. ST THOMAS REPUTED WITH THEIR CONVERSION.</p> <p>NEW TESTAMENT. EARLY CHRISTIAN CHURCH. ST. PATRICK IN IRELAND.</p>	<p>BHAGAVAD GITA STRONGLY INFLUENCES YOGA PATHS.</p>	<p>JNANA, KARMA, RAJA AND BHAKTI YOGA FLOURISH.</p> <p>'GUPTA RULE' A PERIOD OF CULTURE.</p> <p>BUDDHISM FLOURISHES.</p> <p>TANTRIC YOGA.</p>	<p>ROMANS INVADE BRITAIN.</p> <p>HADRIAN'S WALL.</p> <p>POMPEII DESTROYED.</p> <p>PICTS, SCOTS, ANGLES ATTACK IN BRITAIN.</p> <p>EURIPEDES, SOPHOCLES, ARISTOTLE, EUCLID.</p>	0
500	<p>COLOMBO IN IONA. BIRTH OF MOHAMMED. ST AUGUSTINE IN KENT. BUDDHISM SPREADS WIDELY IN EAST. ISLAM SPREADS TO ALL ARABIA. CELTIC CHRISTIANITY OVERCOME BY ROMAN CHRISTIANITY.</p>	<p>TANTRIC TEXTS LOST. BUT SOME SURVIVED IN TIBET AND WERE RECOVERED TO GROW AGAIN IN INDIA, WHERE THREADS HAD REMAINED TO FEED INTO LATER HATHA YOGA. SHAN KARA'S COMMENTARIES WRITTEN ON THE VEDA, UPANISHADS AND GITA. YOGA VASISTHA WRITTEN.</p>	<p>DECLINE OF TANTRIC YOGA.</p> <p>DECLINE OF BUDDHISM.</p> <p>SHANKARA REVIVED HINDUISM.</p> <p>YOGA FOR AN ACTIVE LIFE.</p>	<p>TANG DYNASTY IN CHINA.</p> <p>BEGINNING OF TEMPORAL POWER OF THE PAPACY.</p>	500
1000	<p>EASTERN ORTHODOX CHURCH. INQUISITION. NEW MONASTIC ORDERS FOUNDED.</p>	<p>THE TEXTS OF HATHA YOGA: HATHA YOGAPRADEPIKA BASED ON THE WORK OF GORAKNATH. GHERANDA SAMITA.</p>	<p>WARRIOR LIKE NATHS IN N. INDIA DEVELOP ASCETIC PHYSICAL PRACTICES BASED ON THE TEACHINGS OF GORAKNATH. DEVELOPMENT OF HATHA YOGA. MOGUL INVASION.</p>	<p>NORMAN CONQUEST. DOMESDAY BOOK. MING DYNASTY IN CHINA. RISE OF INCAS. CHAUCER/CAXTON. COLUMBUS SAILS TO AMERICA IN 1492 RENAISSANCE.</p>	1000
1500	<p>JOAN OF ARC. REFORMATION. PROTESTANISM. BIBLE TRANSLATION. EHNRY VIII. BOOK OF COMMON PRAYER.</p> <p>BUDDHISM SPREADS TO WEST.</p>	<p>SHIVA SAMHITA. NEW TRANSLATIONS OF THE YOGA TEXTS IN THE EAST CONTINUES. THE WEST BEGINS THEIR ACADEMIC INTEREST DURING THE 19th CENTURY AND NEW TRANSLATIONS CONTINUE. YOGA BOOKS BECOME WIDELY AVAILABLE IN THE WEST, BOTH CLASSICAL AND POPULAR. THERE REMAINS A SPIRITUAL AND ACADEMIC INTEREST ALONG WITH THE HATHA YOGA CLASSES, FED BY THESE BOOKS.</p>	<p>KUNDALINI YOGA. TAJ MAHAL BUILT. 17th- 20th CENTURY WEST INDIA COMPANY. BRITISH RULE. GHANDI. INDIAN INDEPENDENCE. INDIAN TEACHERS AND GURUS COME TO WEST IN 19th CENTURY. YOGANANDA TOURS AMERICA AND ENGLAND IN 1920s. INTEGRAL YOGA POPULAR IN WEST. AN EMPHASIS ON REMEDIAL YOGA AND HEALTH CONTINUES.</p>	<p>FALL OF INCAS.</p> <p>SHAKESPEARE.</p> <p>TWO WORLD WARS YOGANANDA TOURS AMERICA AND ENGLAND, INCREASING EAST WEST EXCHANGE OF IDEAS. CHINA INVADES TIBET, MANY BUDDHISTS LEAVE AND BUDDHISM SPREADS TO THE WEST.</p>	1500
2000+ CE/AD			<p>ASTANGA YOGA BECOMES POPULAR YOGA MAINSTREAM - TAUGHT IN HEALTH CLUBS AND GYMS AND USED IN HOSPITALS AND BY DOCTORS</p>		2000+