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It's a very passionate
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offer. It is so multi-
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to know where to
start when you really

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yoga and how it
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dates back upwards
of 5,000 years.

Others believe it goes
back more than

10,000 years.

The Origin of Yoga
and History of Yoga:

A Brief Glance ...

A Brief History and
Development of Yoga:

The practice of Yoga
is believed to have
started with the very

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dawn of civilization. The science of yoga has its origin thousands of years ago, long before the first religions or belief systems were born. In the yogic lore, Shiva is seen as the first yogi or Adiyogi, and the first Guru or Adi Guru.

Yoga: Its Origin,
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In the age of
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fact embraced new
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technology since its
debut in the West.

The History of Yoga
& Yoga Traditions -

Yoga Journal
Yoga in Indian

traditions, however, is
more than physical
exercise; it has a
meditative and
spiritual core. One of
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orthodox schools of

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Hinduism is also called Yoga, which has its own epistemology, ontology and metaphysics, and is closely related to Hindu Samkhya philosophy.

Yoga - Wikipedia
The Yoga-Kundalini Upanishad is listed in the Muktika canon of

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108 Upanishads.

Since this canon was
fixed in the year

1656, the Yoga-

Kundalini Upanishad

was compiled in the
first half of the 17th

century at the latest.

[citation

needed]Other

Sanskrit texts treat

kundalini as a

technical term in

tantric yoga, such as

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the a-cakra-
nir-pana and the
P-duk-pañcaka.

Philosophy And

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relationship with
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Yoga ' s history has
many places of
obscurity and
uncertainty due to its
oral transmission of
sacred texts and the
secretive nature of its
teachings. The early
writings on yoga were

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transcribed on fragile
palm leaves that were
easily damaged,
destroyed or lost.

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