

Yogic Philosophy Class #1



Why is Yogic History Important

- Yoga's cultural context is indispensable to see the border view.
- Exercise inspired Yoga or commercialized Yoga is now creating new narratives devoid of traditional historical facts.
- When, where, why and how to practice can all be informed by ancient tradition.

Yoga is a ever present state of
Consciousness

Talk about yoga? Or taste yoga?

Scholars debate time periods,
yogi's drink the eternal ambrosial
nectar and live in yogic
awareness.

Major Time Periods of Yoga

- Yoga is Considered to pre date Vedas
- Pre Vedic Time Period
- Vedas written down 1700 - 1100 BC
- Tantra 1st millennium
- Hatha Yoga first written down in 1500 AD

How old Is Yoga?

- Yoga is the most ancient of six philosophies.
- Pre dates Puranic time period (Bhagavad Gita)
- Pre dates Upanishad (Vedanta)
- Yoga pre dates Patanjali the author of Yoga Sutras.
- Buddha 563/480 - 483/400 BCE

Shad Darshan

- Shad = 6
- Darshan = Perception, visualization or realization

Shada Darshan Six Philosophies

- Naya - Maharishi Gautama
- Vaisheshka - Maharishi Kanada
- Mimamsa - Maharishi Jaimini
- Samkhya - Maharishi Kapila
- Yoga - Maharishi Patanjali
- Vedanta - Maharishi Vayasa

Shada Darshan Six Philosophies

- Naya - Logic or system by which one comes to a conclusion.
- Vaisheshka - Empiricism or logic comes from sense only.
- Mimamsa - Reflection or critical investigation.
- Samkhya - Cosmic enumeration or systemic investigation of cosmic principles.
- Yoga - Path of mystical union. To yoke or join together. Theistic view with details of how to attain liberation.
- Vedanta - Philosophy from the Upanishads also called the end of Vedas. Many schools fall under Vedanta.

Yoga in the Western World first seen in the 1800's

Early Signs of Yoga and Non Dual Vedanta the west

➤ Bhagavad Gita and
Upanishads

➤ Ralph Waldo
Emerson

➤ Henry David
Thoreau



Swami Vivekananda

➤ Arrived in Chicago on
July 30th, 1893

➤ Parliament of World
Religions September
11th, 1893

➤ MahaSamadhi July 4th,
1902

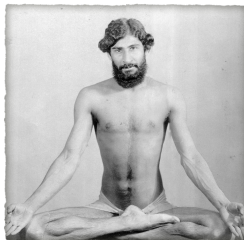




1919

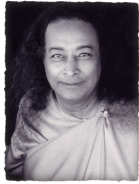
Yogendra

- ❖ First Notable Hatha Yogi
- ❖ Arrived in the West in 1919
- ❖ House Holder Yogi
- ❖ Focused on relieving suffering through Yoga Therapy Approach



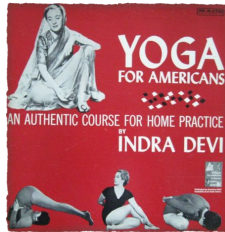
Paramhansa Yogananda Giri

- ❖ January 5th, 1893
- ❖ March 7th, 1952
- ❖ Self Realization Fellowship
- ❖ Hatha Yoga, Kriya Yoga, Mantra Yoga, Pranayama, Yogic Philosophy

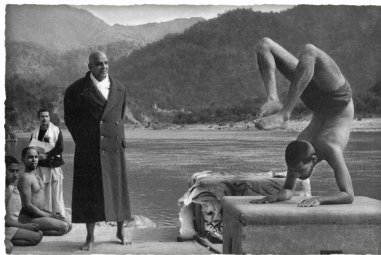


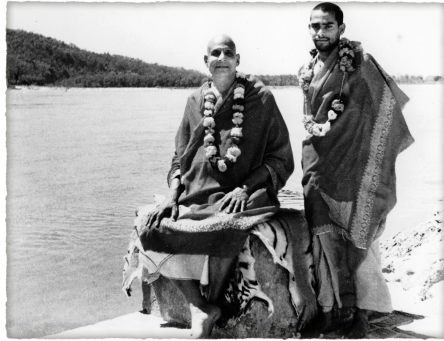
Western Yogis

- ❖ Theos Bernard - Hatha Yoga: The Report of a Personal Experience
- ❖ Indra Devi
- ❖ Richard Hittleman - TV Show Yoga For Health



Swami Shivannda



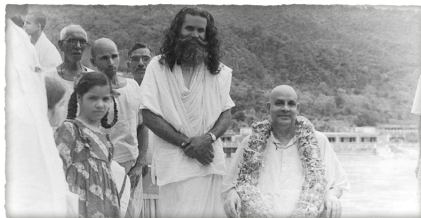


Swami Vishnudevananda

- 1958 opened Shivananda Yoga Vedanta Centers
- Taught integrated Yoga and Vedanta



Shivananda with Satchitananda



Satchitananda at Woodstock



Satchitananda & Integral Yoga

- ❖ Founded Integral Yoga 1966
- ❖ Taught full system Hatha Yoga, Vedanta, Bhakti, Karma, Jnana Yoga

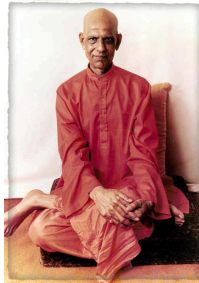


Swami Shivanandas Other Other Offshoots

- ❖ Bihar School - Swami Satyananda
- ❖ Chinmaya Mission - Swami Chinmayananda
- ❖ Divine Life Society
- ❖ Swami Krishnananda

Swami Kripalvananda

- 1913 - 1981
- Students
 - Swami Rajarshi Muni
 - Amrit Desai
 - Yogeshwar Muni





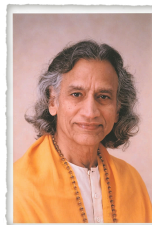
Crying is one of the highest devotional songs. One who knows crying, knows spiritual practice. If you can cry with a pure heart, nothing else compares to such a prayer, Crying includes all the principles of Yoga.

— Kripalvananda —

AZ QUOTES

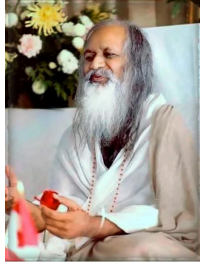
Yogi Amrit Desai

- 1960 - 1972 Taught in Philadelphia
- 1972 Opened Kripalu Yoga Center
- 1983 Second Kripalu Center in Massachusetts
- 2001 Amrit Institute in Florida



Maharishi Mahesh Yogi

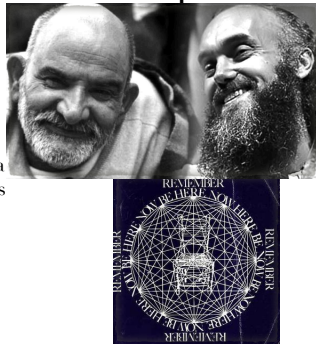
- First World Tour 1959
- Transdental Meditation
- Beatles
- Ayurveda
- Maharishi University
Fairfield Iowa





Ram Das - Richard Alpert

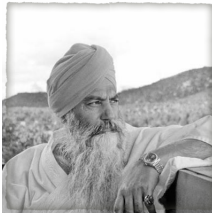
- 1963 - 1967 Harvard
and scholarly work
with LSD
- 1967 Journey to India
and Became Ram Das
- 1971 Be Here Now





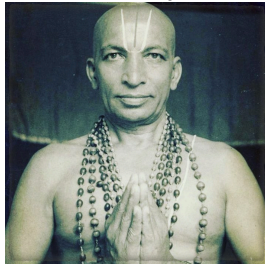
Yogi Bhaḡan

- Came to the West in 1969
- 3ho Foundation
- Sikh Dharma in the West
- Unique form of Yoga practice using Sikh Mantra and active yoga



T. Krishnamacharya

- Indra Devi
- Pattabhi Jois (Ashtanga Vinyasa)
- B.K.S. Iyengar
- T. K. V. Desikachar





Western Pop Yoga

- General Exercise Yoga (broad category)
- Ashtanga Vinyasa
 - Power Yoga
 - Vinyasa
- Iyengar
 - Restorative
 - Anusara



Ayurveda in the West

- Vasant Lad
- David Frawley
- Robert Svoboda



Major International Yoga Groups Today

- ❖ Sri Sri Ravi Shankar - Art of Living
- ❖ Saduguru Vasu Deva- Isha Yoga
- ❖ Kriya Yoga International



Devotional Path

- ❖ Bhakti Yoga
 - ❖ Amma
 - ❖ Hare Krishnas
 - ❖ Hanuman Foundation
 - ❖ Sikh Dharam
 - ❖ Ramakrishna Mission



Philosophy Week 1Homework

- ❖ Read Yoga a Guide To Teachings and Practice Preface and Part 1