



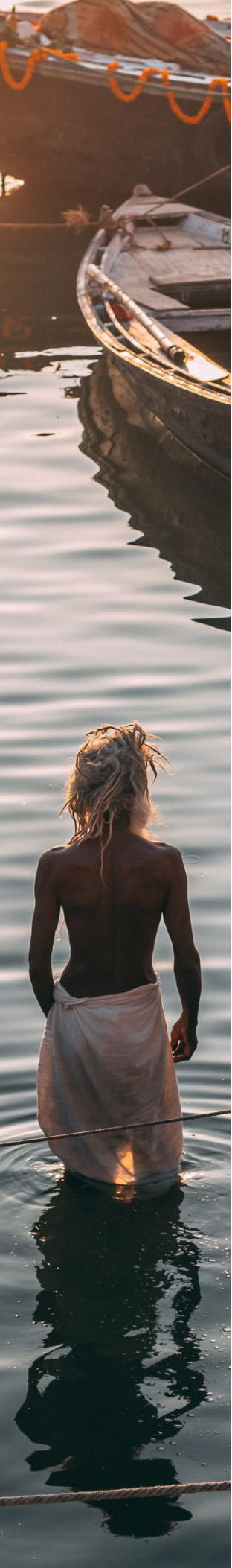
KAIUT YOGA
LIFELONG LEARNING
INSTITUTE

Yoga History

AND ORIGINS OF THE PRACTICE

January 2022

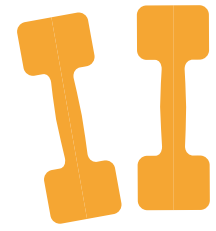
KAIUT YOGA REGISTERED SCHOOLS



*Before we dive into yoga history,
we need to ask a very important
question:*

WHAT IS *Yoga?*





PHYSICAL

related to the body; concerned or preoccupied with the body and its needs.



MENTAL

of or relating to the mind; of or relating to the total emotional and intellectual response of an individual to external reality.



SPIRITUAL

of or relating to the inner character of a person; relating to deep feelings and beliefs.

Yoga is a **PHYSICAL, MENTAL AND SPIRITUAL** practice that originated in ancient India.

BAN KI-MOON

United Nations Secretary-General

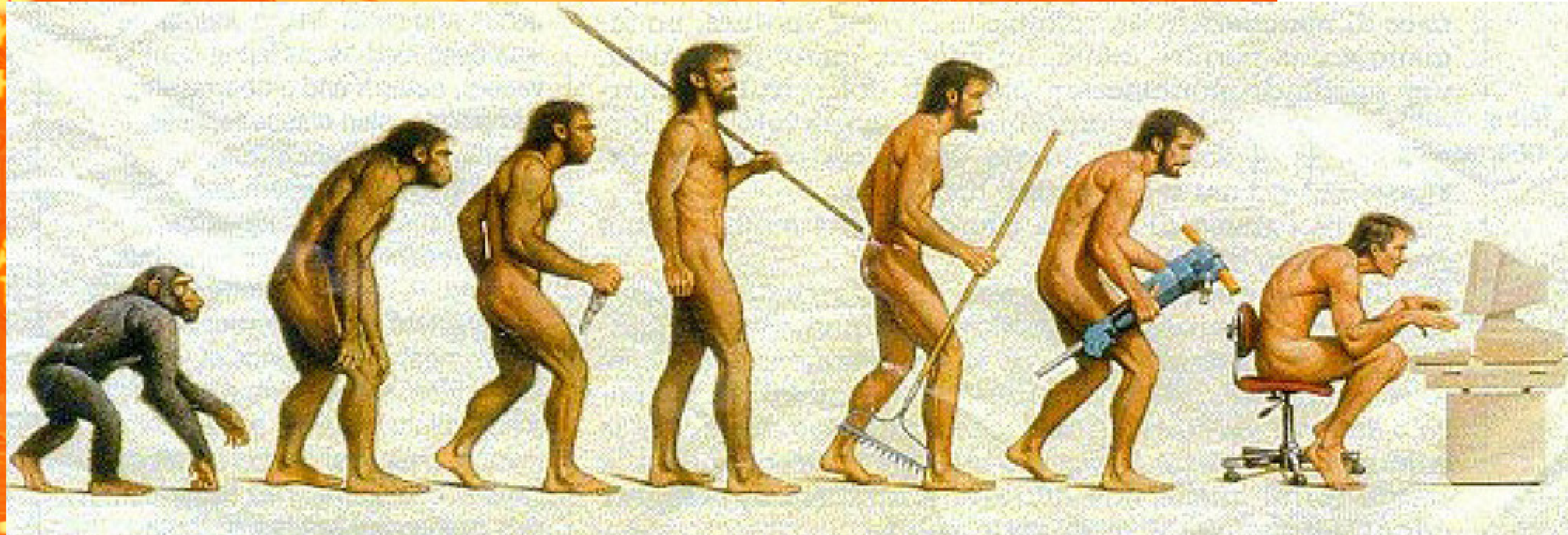




THE BIRTH *of Yoga*



The agricultural revolution, about 10,000 years ago, demanded **specialized movement** from the human body. Because of this, the species began to **lose all of the body's biomechanical potential**, which led to the historical birth of the ancient yoga practice.



Throughout the history of human life,
how we use our body has changed a lot.

And it was
in one of
these great
changes that
the practice of
Yoga was born.



Lifestyle Changes

New diet

New living conditions

New activities

Change in workload

Height reduction

Loss of the body's biomechanical potential.

Imminent need for a practice that regained this potential.

Yoga



HATHA *Yoga*

“In Indian culture, Hatha Yoga was considered a way to prepare the body to **reach the higher states of consciousness.**”

David Riley MD Alternative Therapies - March/April 2004

“Hatha Yoga teaches us how to use the body as a bow, asana as an arrow and the soul as a target.”

BKS Iyengar

OK, but what is
Asana?

asana

Ancestral postures that use the body as the main tool to create a chronic state of presence

In the Kaiut Yoga Method, asana **is a tool for evolution and reconnection.**



“ The perfection
in a **asana**
is achieved when the
effort to perform it
becomes
effortless
and the infinite
being within is
reached. ”

Georg Feuerstein in The
Yoga Tradition



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