



18CHAC0 – Essence of Indian Knowledge

Team1
“MODERN YOGA”



Presented By:
Muthu Kumar. K,
Reg No – 19F066.





INTRODUCTION

1. Yoga has been around close to **5,000** years and has been an integral part of Indian history. It is often defined as a strict discipline aimed at uniting the **body**, **mind**, and **soul** to help the person **find inner peace**.
2. The concept has taken a slight twist in these modern times. Modern Yoga is focused on **flexibility**, **strength**, **fitness** & **breathing** with an aim to enhance **mental** and **physical** well-being. It is still linked with **inner peace** and **mental stability**.



MODERN YOGA

1. Modern yoga refers to a variety of systems that developed as early as the 19th century as a consequence of **capitalist production, colonial and industrial endeavors, global developments** in areas ranging from **metaphysics** to **fitness**, and **modern ideas** and **values**.
2. Modern yoga systems transformed from largely controversial, elite, or countercultural ones to pop culture varieties when **entrepreneurial gurus** became strategic participants in a global market and succeeded in marketing yoga by establishing continuity between their **yoga brands, dominant values** and **demands**.

3. Today, modern yoga is most frequently prescribed as a **part of self-development** believed to provide increased **beauty**, **strength**, and **flexibility** as well as **decreased stress** and that can be combined with other worldviews and practices available in the global market.





HATHA YOGA

1. Haṭha yoga, like other methods of yoga, can be **practiced by all**, regardless of sex, caste, class, or creed. Many texts explicitly state that it is practice alone that leads to success.
2. Haṭha yoga represented a trend towards the **democratization of yoga** insights and religion
3. The disconnect of Haṭha yoga from religious aspects and the democratic access of Haṭha yoga enabled it to spread **worldwide**



YOGA IN INDIA WITH ITS ROOTS FROM HINDUISM

1. Yoga is one of six major houses of thought in Hinduism, it is derived from the Sanskrit word *yug*, which means to unite. It has a philosophical and spiritual meaning and is embedded into our scriptures — the *Upanishad*, *Vedas* and *Bhagavad Gita*.
2. We as children grew up chanting Om and hearing stories from these scriptures.



3. Our grandparents told us stories of *Sadhus* (Sage's) who live deep in the Himalayas surviving for thousands of years through prayer, meditation and yoga.
4. Hinduism, one of the oldest religions in the world is where yoga is derived from, with the first mentions of yoga being in our oldest sacred book, the *Rig Veda*. Yoga & Hinduism remain *inseparable* owing to its rich traditions dating back to many centuries.



RISE OF MODERN YOGA

- a. The history of modern yoga began with the **Parliament of Religions** held in Chicago in 1893. Modern yoga arrived in the United States during the late 1800's.
- b. It was at this congress that Swami Vivekananda, a disciple of saint Ramakrishna, made a lasting impression on the American public. He addressed the gathering as, " **Brothers and Sisters of America** ".
- c. Through these words he captured millions of hearts in the United States and attracted many students to yoga and Vedanta.



YOGA GURUS

1. Swami Vivekananda
2. Shri Tirumalai Krishnamacharya
3. Shri Pattabi Jois
4. Shri B.K.S. Iyengar



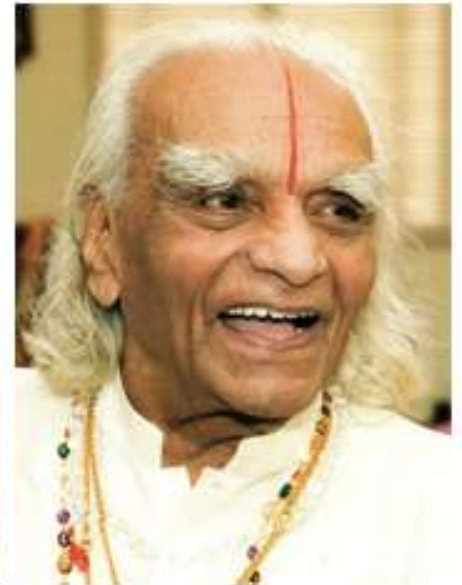
Swami
Vivekenanda



Sri T.
Krishnamacharya



Pattabhi Jois



B.K.S. Iyengar

Founders of Modern Yoga



SPREAD OF MODERN YOGA

1. Successor of Swami Vivekananda – Paramahansa Yogananda who wrote “Autobiography of a Yogi”, Yogoda.
2. Paul Brunton – “A Search in Secret India”
3. Jiddu Krishnamoorthy – Jnana Yoga
4. Maharishi Mahesh Yogi, Shrila Prabhupada
5. Swami Sivananda – “Complete illustrated book of Yoga”
6. Swami Satchitananda, Swami Sivananda Radha & Swami Chidananda
7. Bhagawan Rajneesh – Osho



TYPES OF MODERN YOGA

- 1. Hatha Yoga**
- 2. Vinyasa Yoga**
- 3. Bikram Yoga**
- 4. Ashtanga Yoga**
- 5. Anusara Yoga**
- 6. Kundalini Yoga**
- 7. Iyengar Yoga**
- 8. Sivananda Yoga**
- 9. Yin Yoga**



MODERN YOGA'S POPULARISATION AROUND THE WORLD

1. 4 prominent yoga gurus
2. Kripalu Yoga by Swami Kripalvananda
3. Siddha Yoga by Muktananda
4. Bhakthi Yoga by Swami Narayana & Sathya Sai Baba
5. “Inner Technology” – Jaggi Vasudev – Isha Yoga
6. “Art of Living” – Sri Sri Ravi Shankar
7. Hindu nation building approaches by Swami Baba Ramdev & Eknath Ranade



BENEFITS

1. Physically, mentally & spiritually
2. Massive transition from spiritual practice to focussing on health & fitness
3. Eases our body through Surya Namashkar
4. Relieves modern day stresses
5. Regulates body hormones like pituitary, thyroid, etc.
6. Constant benefits to those who practice yoga on a daily basis.



CONCLUSION

Through the work of these gurus, yoga has been widely disseminated across the western world, and radically transformed in the process. Health benefits have been claimed; yoga has been brought to a "spiritual marketplace", different gurus competing for followers; and widely differing approaches have claimed ancient roots in Indian tradition. The result has been to transform yoga from "a hidden, weird thing" to "yoga studios on almost every corner"



REFERENCES

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THANK YOU!