

Vedic tradition

Shramana tradition

Tantra

Samkhya

Buddhism

Jainism

“Brahmanas”
900-500
BCE

“Bhagavad
Gita”
5th—2nd
Century BCE

“Katha
Upanishad”
6th Century
BCE

“Samkhya
Karika”
200 CE

Patnanjali’s
“Sutras”
100 BCE-500CE

Yogachara
Buddhism
4th –5th
Century CE

“Tattvarthasutra”
2nd Century CE

Adi Nanth
(Shiva?)

Matsyendranath
“The Fish”

Gorakshanath
b. 8th century

The Naths

“Hatha Yoga”

Raja
(Classical)
Yoga

“Sikhism”
Guru Nanak Dev Ji
15th Century

“Laya Yoga”

“Hatha Yoga
Pradipika”
by Yogi Swatmarama
16th Century

translated
“The Serpent Power”
John Woodroffe
(Arthur Avalon)
Late 19th/early
20th century

Vishwananda
Saraswati
Sivananda
B. 1887

“Divine
Life
Society”

“Kriya Yoga”
Mahavatar Babaji
(Saint?)

Lahiri Mahasaya

Yuktswar Giri

Yogananda
b. 1893

Bishnu Ghosh
(brother)

“Autobiography
of a Yogi”

Dr. Joseph
Baptiste

Walt
Baptiste
(nephew)
B. 1917

Kriyananda
(J. Donald
Walters)

“Ananda Yoga”

“Bikram
Yoga”
Bikram
Choudury

Baron
Baptiste
(son of Walt)

“Baptiste
Vinyasa
Power Yoga”

Krishnanand
Saraswati

“Transcendental
Meditation”

Brahmananda
Saraswati
B. 1870

Maharishi
Mahesh Yogi

The Beatles

Ramakrishna
B. 1888

Vivekananda

Nirmalanda

“Parliament of
World Relig-
ions”

Ghandi

David Life

Sharon
Gannon
(partner)

“Jivamukti
Yoga”

Manju
Jois (son)

David
Swenson

Tim
Miller

Chuck
Miller

Maty
Ezraty

Bryan
Kest

Richard
Freeman

Norman
Allen

David
Williams

Eddie
Modestini

Angela
Farmer

Victor Van
Kooten

Babu
Bhagwan Das

“Yoga
Kurunta”

Krishnamacharya
B. 1888

A.G.
Mohan

Desikachar
(son)
“viniyoga”

Indra
Devi

Patabhi
Jois

“Ashtanga
Yoga”

BKS
Iyengar
(brother in
law)

“Light
on
Yoga”

Eric
Schiffman

Judith
Lassiter

Donna
Farhi

John
Friend

“Anusara
Yoga”

Patricia
Walden

Desiree
Rumbaugh

Annie
Besant

“Theosophists”
Charles
Leadbeater

Krishnamurti
B. 1895

“Moving
Into
Stillness”

“Living
Your
Yoga”

“Bringing
Yoga to
Life”

Dadaji

Swami
Kripalvananda
b. 1913

“Kripalu
Yoga”
Amit
Desai

Kripalu
Institute,
Massachusetts

Yogi
Bhajan
b. 1929

“Kundalini
Yoga”
3HO
(Happy,
Healthy, Holy)

Gurmukh
Kaur Khalsa

Golden
Bridge, LA

Sayananda
Sarawati

“Satyananda
Yoga”

Vishnu-
devananda

“Sivananda Yoga”

Alan
Finger

“ISHTA”

Rod
Stryker

Satchidananda

“Integral Yoga”

Seane
Corn

Kathryn
Budig

Sadie
Nardini

alisonhinksyoga.com

February 2011

“Yoga
Works”

Seane
Corn

Kathryn
Budig

Sadie
Nardini

“Core
Power
Yoga”

“Ashtanga
Practice
Guide”

“website”

“facebook”

“twitter”

“yelp”

“blog”

alisonhinksyoga.com

facebook.com/alisonhinksyoga

twitter.com/alisonhinksyoga

alisonhinksyoga.yelp.com

alisonhinksyoga.wordpress.com