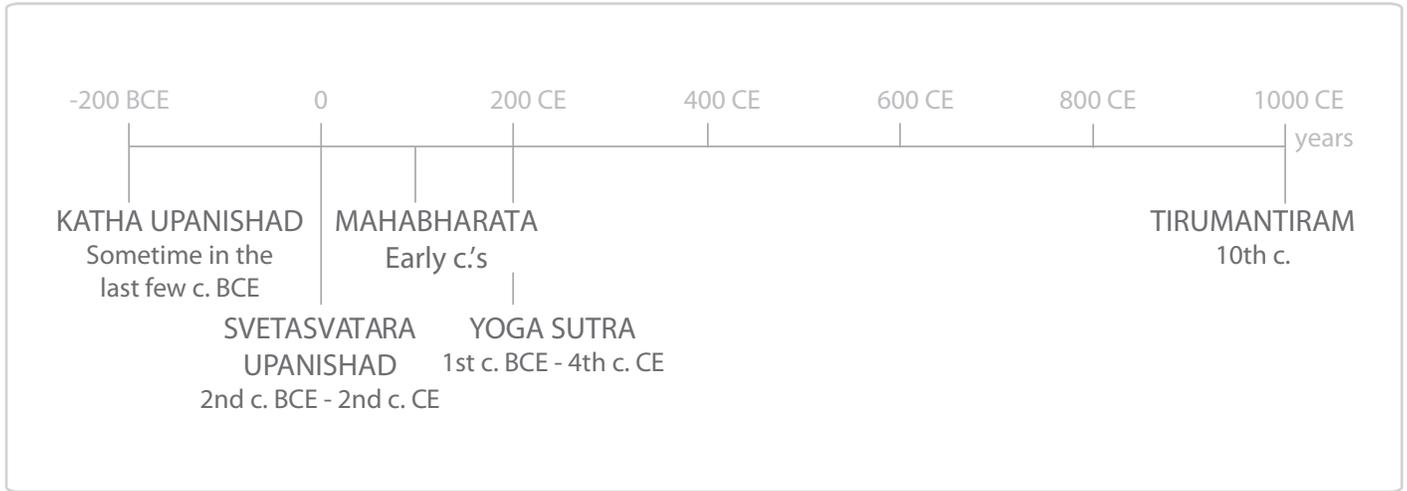


# BIG BOOK OF YOGA - ANCIENT TIMELINE

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## Katha Upanishad

**Author:** Unknown

**Date:** sometime in the last few c. BCE

**Links**

<http://www.san.beck.org/Upan2-Katha.html>

[http://en.wikipedia.org/wiki/Katha\\_Upanishad](http://en.wikipedia.org/wiki/Katha_Upanishad)

**Summary**

Tells the story of Naciketas, a young Brahmin who goes to the domain of Yama, the god of death. Naciketas is granted three wishes. His last wish is to know about life after death. Yama teaches him about the basic concepts of Yoga and spiritual immortality in response.

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## Svetasvatara Upanishad

**Author:** Unknown

**Date:** Sometime between 2nd c. BCE - 2nd c. CE

**Links**

<http://sanatan.intnet.mu/upanishads/svetasvatara.htm>

[http://en.wikipedia.org/wiki/Shvetashvatara\\_Upanishad](http://en.wikipedia.org/wiki/Shvetashvatara_Upanishad)

**Summary**

Svetasvatara means “white mule”, and white mules or horses were considered to be ancient symbols of strength and purity in early India. This text outlines many of the fundamental principles of meditation, bodily control, Yoga, and samadhi that are found in later texts such as Yoga Sutra.

## Mahabharata, Book 12, Part 2 (Mokshadharma)

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**Author:** Unknown

**Date:** Early c.'s of CE, added after much of Mahabharata was written

**Links**

<http://www.sacred-texts.com/hin/m12/m12b000.htm>

**Summary**

This section of the great Indian epic puts the narrative on hold and goes into a long discussion of various systems of Yoga practiced at that time.

## Yoga Sutra

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**Author:** "Patanjali"

**Date:** 1st c. BCE - 4th c. CE

**Links:**

<http://www.sacred-texts.com/hin/yogasutr.htm>

[http://en.wikipedia.org/wiki/Yoga\\_Sutras\\_of\\_Patanjali](http://en.wikipedia.org/wiki/Yoga_Sutras_of_Patanjali)

**Summary**

Early teachings on Yoga philosophy. Introduced the system of ashtanga yoga (8-limbed Yoga) which most Yoga schools since have referred to. Heavily influenced by Samkhya philosophy. Attributed to the sage Patanjali, but there is considerable debate as to whether or not a single individual composed this text. Probably compiled over many centuries; last known addition is considered to have been in 4th c. CE. Yoga Sutra has become the main historical text referred to by most Yoga systems today.

## Tirumantiram

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**Author:** Tirumular

**Date:** 10th c. CE

**Links**

<https://www.himalayanacademy.com/resources/books/tirumantiram/TableOfContents.html>

<http://en.wikipedia.org/wiki/Tirumandhiram>

**Summary**

Long poem written by Tamil saint Tirumular, espouses the system of Yoga most as taught in Yoga Sutra. Also a source text for the Saiva Siddhanta philosophical system.