



Focus on... Yoga

#157

On this day...



The tradition of yoga dates back nearly 5,000 years to the time of pre-Vedic Indian traditions. Yoga was a central theme of the Bhagavad Gita, our Hindu scripture appearing around 500 B.C.

Did you know...

Lord Shiva is considered the first yogi. He was the first one who sowed the seeds of yoga in the human mind. He imparted the knowledge of yoga to seven individuals who came to be known as Saptarishis and were tasked with spreading it throughout the world.

Go explore...

According to the international yoga federation today over 300 million people around the world practice yoga. When was the first mat used?



Picture this...



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