

# Vedic tradition

# Shramana tradition

## Tantra

## Buddhism

## Jainism

Samkhya

“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?)

The Naths

Matsyendranath  
“The Fish”

“Hatha Yoga”

Gorakshanath  
b. 8th century

“Laya Yoga”

Raja  
(Classical)  
Yoga

“Hatha Yoga  
Pradipika”  
by Yogi Swatmarama  
16th Century

“Sikhism”  
Guru Nanak Dev Ji  
15th 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)

Kriyananda  
(J. Donald  
Walters)

“Ananda Yoga”

“Bikram  
Yoga”  
Bikram  
Choudury

Baron  
Baptiste  
(son of Walt)

“Baptiste  
Vinyasa  
Power Yoga”

Krishnanand  
Saraswati

Brahmananda  
Saraswati  
B. 1870

Maharishi  
Mahesh Yogi

The Beatles

David Life

Sharon  
Gannon  
(partner)

David  
Swenson

Tim  
Miller

Chuck  
Miller

Maty  
Ezraty

Bryan  
Kest

Richard  
Freeman

Beryl B.  
Birch

“Power  
Yoga”

“Ashtanga  
Practice  
Guide”

Norman  
Allen

David  
Williams

Eddie  
Modestini

Angela  
Farmer

Patricia  
Walden

Ramanand  
Patel

John  
Friend

Desiree  
Rumbaugh

Darren  
Rhodes

John  
Friend

“Anusara  
Yoga”

“Ashtanga  
Yoga”

“Light  
on  
Yoga”

“Jivamukti  
Yoga”

“Krama Vinyasa”  
Ramaswami

“Yoga  
Kurunta”

“Parliament of  
World  
Religions”  
Ghandi

“viniyoga”  
Gary  
Kraftsow

“Desikachar  
(son)”  
A.G.  
Mohan

“Mahapurush  
Maharaj”  
Swami  
Kailashananda

“Dharma Mittra  
b. 1939”

“Nirmalanda”  
Ramakrishna  
B. 1888

“Vivekananda  
b. 1863”

“Babu  
Bhagwan Das”

“Theosophists”  
Annie  
Besant  
Charles  
Leadbeater

“Krishnamurti  
B. 1895”

“Eric  
Schiffman  
“Moving  
Into  
Stillness”

“Judith  
Lassiter  
“Living  
Your  
Yoga”

“Donna  
Farhi  
“Bringing  
Yoga to  
Life”

“Gurumukh  
Kaur Khalsa”

“Golden  
Bridge, LA”

“3HO  
(Happy,  
Healthy,  
Holy)”

“Kundalini  
Yoga”  
Yogi  
Bhajan  
b. 1929

“Kripalu  
Yoga”  
Amrit  
Desai

“Swami  
Kripalvananda  
b. 1913”

“Dadaji”

“Kripalu  
Institute,  
Massachusetts”

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February 2011

Seane  
Corn

Kathryn  
Budig

Sadie  
Nardini

“Core  
Power  
Yoga”

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