

# HISTORY OF YOGA

Yoga is thousands of years old. Nobody knows for sure the history of yoga. Recently, palm leaves have been discovered with yoga teachings written on them. We must embrace all lineages of yoga and the role they play in today's practice. There is no right or wrong in yoga, only good alignment and a balanced class. Yoga in the West is largely comprised of Iyengar's teachings. Sanskrit is yoga's native language. Many teachers in the West choose to offer postures in English, in addition to or instead of, Sanskrit. It is up to the instructor to decide what is right for their population.

**Pre-Classical?**

**Classical?**

**Post-Classical?**

**Modern?**

