

HISTORY OF YOGA IN AMERICA

1900

Swami Vivekananda...first introduced yoga to the United States
on a large, national scale
...at Parliament of Religions in
Chicago, 1893



Parliament of Religions in Chicago, 1893

1919

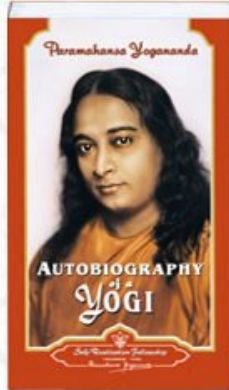
Yogendra Mastamani

- from India
- Taught Hatha Yoga
- Taught in US for three (3) years and founded yoga schools



1920

Paramahansa Yogananda



- Founded Self-Realization Fellowship
- Wrote *Autobiography of a Yogi* which has sold millions of copies worldwide, and many other books on yoga philosophy and science

1947

Indra Devi



- called “First Lady of Yoga”
- Russian born
- popularized Hatha Yoga in US by starting studios in Hollywood, CA

1950's

Selvarajan Yesudian



- Prominent yoga teach in the 1950's and 1960's
- Wrote *Sport and Yoga*
- reason a lot of athletes began incorporating yoga into their workouts



1960's

Richard Hittleman

- wrote *The Twenty-Eight-Day Yoga Plan*, which sold millions of copies
- Brought Hatha Yoga to mainstream television

Maharishi Mahesh Yogi



- Gained popularity from being Beatles guru
- Popularized Transcendental Meditation
- Works caused many American universities to begin doing medical research on yoga

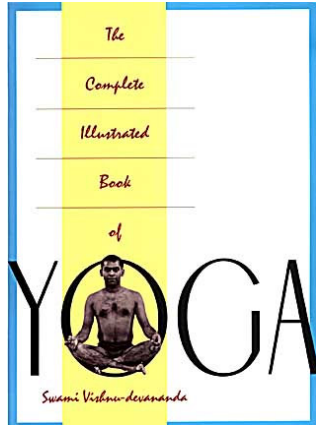
Yogi Bhajan



- Broke Hindu tradition by teaching Kundalini Yoga to Americans
- Started the 3HO organization (Healthy, Happy, Holy Organization) which has over 200 centers around the world

1970's and 1980's

Swami Vishnudevananda



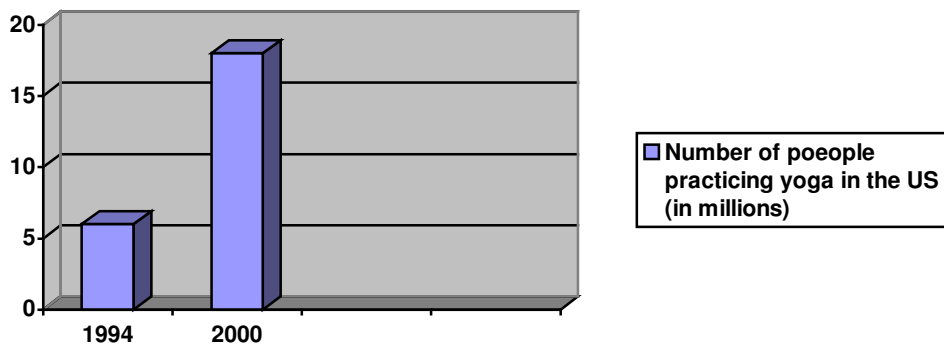
**Wrote the very
popular *Complete***

Sri Krishnamacharya

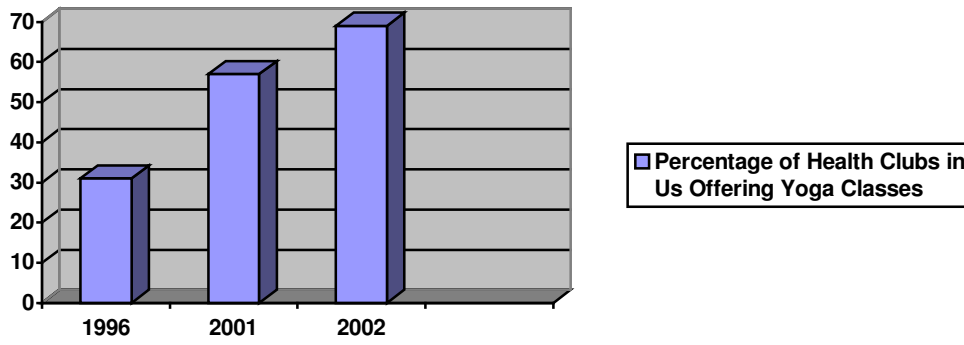
- Helped re-popularize Hatha Yoga in the US

2000's

Increase in Popularity of Yoga



Health Club's Offering Yoga Classes in US



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