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Yoga is an Indian physical, mental, and spiritual practice or discipline. There is a broad variety of schools, practices and goals

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The origins of Yoga have been speculated to date back to pre-Vedic Indian traditions, but most likely developed around 6th cent BCE

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Yoga Sutras of 196 sutras were compiled around 400 CE by Patañjali, taking materials from older traditions.

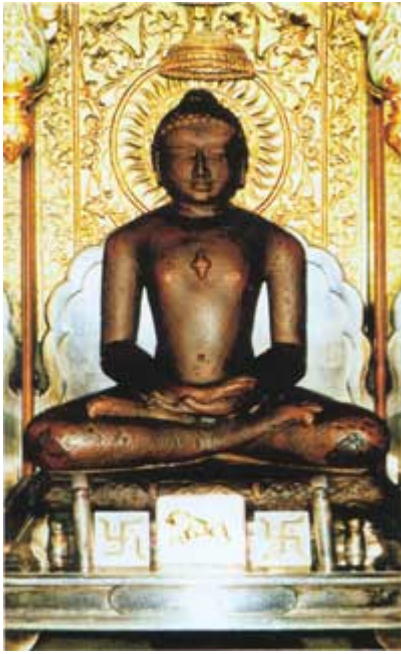
[#YogaDay](#) <http://t.co/wdyu1A5dTQ>



65 ft tall statue of Bhagwan Shiva in Murugeshpalya, performing yogic meditation in the Padmasana posture.
#YogaDay <http://t.co/RTVpo4W5nO>



Bhagwan Mahavira, 24th Tirthankara of Jainism, performing yogic meditation in the Padmasana posture.
#YogaDay <http://t.co/EFPcJi6Q7m>



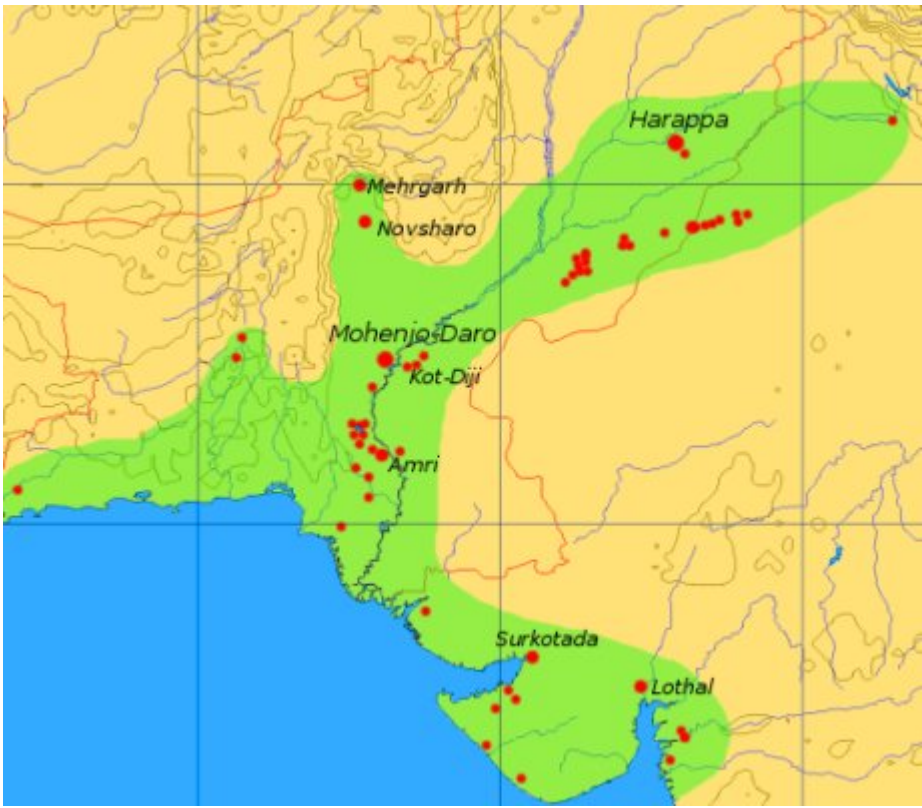
A 4th century statue of Bhagwan Buddha from #GuptaDynasty, performing yogic meditation in Dharmachakra mudra
#YogaDay <http://t.co/ojdfb73dLV>



Seal of Pashupati (Bhagwan Shiva), performing Yogic meditation.
2600-1900 BCE.
#IndusValleyCivilization
#YogaDay <http://t.co/ZIZj3bqupm>



Extent and major sites of the Indus Valley Civilisation 3000 BC.
#IndusValleyCivilization



Faience button seal with swastika from Harrapa.
#IndusValleyCivilization
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#Swastik symbols on the Church of Christ Pantocrator (13th-14th century) in Nesebar, Bulgaria.

