

## YOGA INSTRUCTION MANUALS BI (BEFORE IYENGAR: 1886-1966)

What was the first yoga book you ever picked up? Do you remember? Many of us cut our teeth on that remarkable book by BKS Iyengar, *Light on Yoga*, initially published in 1966. I still have an early copy of this book, its binding now gone to shreds and the pages separated into several sections of unequal size. I keep it because the famous photos of the 200 asanas included in the book are printed alongside the instructions—later editions put all the asanas in the back of the book in one section, necessitating constant flipping between word and picture.

LoY represented a new stage in printed yoga instruction. Nobody had ever seen anything quite like it before, not only the look of the poses but their scope as well. Actually yoga instructional manuals have been around for hundreds of years, one of the oldest HY texts, the *Hatha Yoga Pradipika*, is about 650 years old. Modern instructional manuals started showing up very late in the 19<sup>th</sup> century.

### TIMELINE

- 1886 Warren Felt Evans, *Esoteric Christianity and Mental Therapeutics* (combines New Thought with Hindu religious concepts)
- 1890 Rama Prasad, *Nature's Finer Forces: The Science of Breath and the Philosophy of the Tattvas* (Prasad is a Theosophist and Sanskrit scholar; the book's 15 chapters are based on a series of eight essays published in the Theosophist between November 1887 and March 1889; includes the Shaiva Agama)
- 1894 Vivekananda, *Raja Yoga*
- 1897 WH Williams, *Vibration the Law of Life*
- 1898 William Flagg, *Yoga or Transformation*
- 1902 Swami Abhedananda, *Vedanta Philosophy or How to be a Yogi*  
Swami Rama Tirtha, *In Woods of God-Realization*  
Richard Ingalese, *History and Power of the Mind*
- Books by YOGI RAMACHARAKA (William Walker Atkinson, 1862-1932)
- 1903 *Hindu Science of Breath*  
*Fourteen Lessons in Yoga Philosophy and Oriental Occultism*
- 1904 *Advanced Course in Yogi Philosophy and Oriental Occultism*  
*Hatha Yoga, or the Yogi Philosophy of Physical Well-Being*
- 1905 *Hindu Yogi Breathing Exercises*
- 1906 *Series of Lessons in Gnani Yoga*  
*Series of Lessons in Raja Yoga*  
*Science of Psychic Healing*
- 1907 *Bhagavad Gita or the Message of the Master* (compilation)  
*Mystic Christianity or the Inner Teachings of the Master*  
*Spirit of the Upanishads* (compilation)
- 1908 *The Inner Teachings of the Philosophies and Religions of India*
- 1909 *The Hindu Yogi Practical Water Cure*  
*The Life Beyond Death*

- 1908 Ella Adelia Fletcher, *Law of the Rhythmic Breath*  
 1909 Hashnu Hara, *Practical Yoga and Persian Magic*
- 1911 Swami AP Mukerji, *Yoga Lessons for Developing Spiritual Consciousness*  
 James Ingall Wedgewood, *Meditation for Beginners*  
 W.J. Colville, *Ancient Mysteries and Modern Revelations*
- 1913 Mabel Collins, *Transparent Jewel*  
 1915 Walter Gorn Old, *The Yoga of Yama: What Death Said*  
 1918 Theron Q. Dumont (William Atkinson), *The Solar Plexus*  
 Franz Hartman, *Yoga-practice in the Roman Catholic Church*
- 1920 Hereward Carrington, *Higher Psychical Development or Yoga Philosophy*  
 Edward Gall, *Mysticism through the Ages*
- 1921 Brian Brown, *Wisdom of the Hindus*  
 Charles Wase, *Inner Teaching and Yoga*
- 1922 Swami AP Mukerji, *Doctrine and Practice of Yoga*  
 1923 Hereward Carrington, *Yoga Philosophy*  
 1925 JFC Fuller, *Yoga: A Study of the Mystical Philosophy of the Brahmins...*  
 1926 Elizabeth Towne, *Just How to Wake the Solar Plexus*  
 Yogi Hari Rama, *Yoga System of Study*
- 1927 L. Adams Beck, *A Beginner's Book of Yoga*  
 Yogi Wassan, *Secrets of the Himalayan Mountain Masters and Ladder to Cosmic Consciousness*
- 1928 Cajzoran Ali, *Divine Posture Influence upon Endocrine Glands*  
 Swami Nilyapadananda Abadhut, *Philosophy of Union by Devotion*  
 Harold Werner, *Self-mastery Through Self-taught Yoga*  
 Yogi Bhikshu, *Karma Yoga*
- 1929 C. Jinarajadasa, *Gods in Chains*  
 ? Vasant Rele, *The Mysterious Kundalini*

Books by ERNEST WOOD

- 1927 *Raja Yoga*  
 1931 *The Occult Training of the Hindus*  
 1948? *Practical Yoga, Ancient and Modern*  
 1959? *Yoga*
- 1930? Elizabeth Sharpe, *Tantric Doctrine of Immaculate Conception*  
 1931 Swami Kuvalayananda, *Popular Yoga Asanas*  
 Swami Kuvalayananda, *Pranayama*  
 Delta Samadhi, *The Master Key to Psychic Unfoldment*
- 1933 Claude Bragdon, *An Introduction to Yoga*  
 Michael Juste, *A New Yoga System*  
 Francis Yeats-Brown, *The Eight Steps to Yoga*  
 Hamish McLaurin, *Eastern Philosophy for Western Minds*
- 1934 Sita Devi Yogendra, *Yoga Physical Education*

- Yogi Wassan, *Book of Nirvana*  
 Geraldine Coster, *Yoga and Western Psychology*  
 Paul Brunton (1898-1981), *A Search in Secret India*  
 1935 KV Mulbagala, *The Popular Practice of Yoga*  
 1937 Francis Yeats-Brown, *Yoga Explained*  
 Charles Haanel, *Amazing Secrets of the Yogi and the Gateway to Prosperity*  
 Felix Guyot, *Yoga for the West*  
 Felix Guyot, *Yoga: The Science of Health*  
 Josephine Ransom, *Self-Realization Through Yoga and Mysticism*  
 Sri Krishna Prem, *The Yoga of the Bhagavat Gita*  
 Kovoort T. Behanan, *Yoga: A Scientific Evaluation*  
 1938 Vera Stanley Alder, *The Finding of the Third Eye*  
 TRANSLATION: George Weston Briggs, *The Goraksha Shataka* (in *Gorakhnath and the Kanphata Yogis*, Motilal Banarsidass)  
 1939 George Arundale: *Lotus Fire: A Study in Symbolic Yoga*
- 1943 Claude Bragdon, *Yoga for You*  
 1946 Paramahansa Yogananda, *Autobiography of a Yogi*  
 1947 Sri Deva Ram Sukul, *Yoga Navajivan*  
 1949 Alain Danielou, *Yoga: The Method of Re-integration*

Books by THEOS BERNARD

- 1940 *Yoga Gave Me Superior Health*  
 1947 *Hindu Philosophy*  
 1950 *Hatha Yoga*

Books by INDRA DEVI

- 1948 *Yoga for You*  
 1953 *Forever Young, Forever Healthy*  
 1959 *Yoga for Americans*  
 1963 *Renew Your Life Through Yoga*

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Books by DESMOND DUNNE

- 1952 *Yoga for Everyone*  
 1953 *Yoga: The Way to Long Life and Happiness*  
 1961 *Yoga Made Easy*

Books by HARVEY DAY

- 1953 *The Study and Practice of Yoga*  
 1954 *About Yoga*  
 1965? *The Breath of Life*  
 1967 *Practical Yoga*  
 1969 *Practical Yoga for Women*  
 1970 *Practical Yoga for Businessmen*  
 1972 *Karma Yoga*  
 1973 *The New Yoga Exercise Book*

1974 *Yoga for the Athlete*

1950 Swami Narayanananda, *The Primal Power in Man, Or the Kundalini Shakti*

1953 Selvarajan Yesudian and Elizabeth Haich, *Yoga and Health*

1954 Mircea Eliade, *Yoga: Immortality and Freedom*

Books by PAUL DUKES

1954 *Yoga for the Western World*

1960? *The Yoga of Health, Youth, and Joy*

???? *On a Single Breath*

1956 Selvarajan Yesudian and Elizabeth Haich, *Yoga: Uniting East & West*

1957 Yogi Vitahaldas, *The Yoga System of Health and Relief From Tension*

Health Research, ed. *The Practice of Yoga as Taught in the East and the West*

1958 Yogi Gupta (Sri Swami Kailashananda), *Yoga and Long Life*

1959 Clara Spring and Madeleine Goss, *Yoga for Today*

Books by RAMMURTI MISHRA

1959 *Fundamentals of Yoga*

1967? *Dynamics of Yoga Mudras*

1971? *Textbook of Yoga Psychology*

1960 Arthur Liebers, *Relax with Yoga*

James Hewitt, *Yoga*

1961 Yogi Gupta, *Yoga and Yogic Powers*

1962 Hilton Hotema, *Awaken the World Within*

1964? K. Chodkiewicz, *First Steps in Modern Yoga*

1965 Haridass Chaudhuri, *Integral Yoga*

Books by Swami VISHNU-DEVANANDA

1960 *The Complete Illustrated Book of Yoga*

???? *Mantras and Meditation*

???? *Learn Yoga in a Weekend*

???? *The Hatha Yoga Pradipki*

Books by RICHARD HITTLEMAN

1962 *Yoga at Home*

1964 *Yoga, Philosophy and Meditation*

UNKNOWN DATES

*Richard Hittleman's Yoga*

*RH Introduction to Yoga*

*Yoga for Health*

*RH Guide to Meditation*

*RH 30 Day Yoga Meditation Plan*

*Yoga: The 8 Steps to Health and Peace*

*Weight control through Yoga*  
*RH Guide for the Seeker*  
*RH Yoga for Total Fitness*  
*The Yoga Way to Figure and Facial Beauty*  
*Be Young With Yoga*  
*Yoga for Physical Fitness*  
*Yoga for Personal Living*  
*The Yoga Way*  
*Yoga USA*  
*Yoga for Special Problems*

- 1965 William Zorn, *True Yoga*  
Jess Stern, *Yoga, Youth, and Reincarnation*  
Jean-Marie Dechanet, *Yoga in Ten Lessons*  
1966 Wallace Slater, *A Simplified Course on Hatha Yoga*  
Clara M. Codd, *Introduction To Patanjali's Yoga*
- 1966 BKS IYENGAR, *LIGHT ON YOGA*