

Timeline - Modern Yoga in Britain

This timeline was originally an appendix for my PhD dissertation 'A Social History of Yoga and Ayurveda in Britain, 1950-1995' in the Faculty of History, University of Cambridge, 2008. This research was made possible in part by a grant from the UK Arts and Humanities Research Council whose support I would like to gratefully acknowledge.

I very much welcome any corrections and suggestions for additions to the timeline. However, please restrict suggestions to the theme of Modern Yoga in Britain.

Suzanne Newcombe

last updated 6 June 2011

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1619	Samuel Purchas (1577-1629) mentions a yogi in his book <i>Microcosmos</i> : ‘...the Indian Gymnosophists were impudent unnatural beasts offering violence to nature in nakedness and strict absurd niceties wherein they are followed to this day by the Bramenes, loggues and others;...’ ‘To him he sent an Indian logue, a begging friar of the Bramene religion which by the Portugal Friars had been converted and baptized by the name of Michael.’ (Joe Burn provided this reference)
1689	Dr John Fryer (d. 1733) described Indian religious practices in a exotic travelogues, others in Britain and Europe published similar works.
1784	William Jones (1726-1800) a judge and prodigious linguist who accepted a vacancy on the supreme court for Calcutta and founded the Asiatick Society of Bengal for research into the language and scriptures with the support of Warren Hastings (1732-1818) governor general of Bengal.
1785	<i>Bhagavad-Gita</i> translated into English by Charles Wilkins (1748-1836) an agent of the British East India Company. This publication was immediately translated into other European languages.
1787	Nathaniel Halhed made an English translation of Dara Shukoh's Persian translation of the Upanisads. (Thanks to Luis Gonzalez-Reimann for this reference)
1788	Publication began of the <i>Asiatick Researches, or, Transactions of the Society, instituted in Bengal, for inquiring into the history and antiquities, the arts, sciences and literature of Asia</i> which circulated widely in European intellectual circles until 1833 and stimulated Indology as an academic discipline.

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1789	William Jones published <i>Sacontalá: The Fatal Ring an Indian drama [in seven acts and in prose], ... translated from the original Sanskrit and Prácrit</i> to great acclaim in Europe. This play <i>Abhijñānaśākuntalam</i> is attributed to Kālidāsa was assumed to have been composed in what is now India between the first and fourth centuries. Jones' drama was favourably received by Mary Wollstonecraft and a German translation by Georg Förster influenced Johann Herder, Friedrich Schiller, Friedrich Schlegel and Johann Goethe.
1800s	Victorian missionaries wrote books on Indian religions which include descriptions of yoga, for example Reginald Heber (1828) and Horance Haymen Wilson (1846).
1814	Indian Deen Mahomet (1759-1851) offered 'Indian Vapour Baths' and 'Shampooing with Indian oils' at a Brighton Bathhouse.
1831	Rammohun Roy (1772-1833) was a Bengali reformer of Hinduism, founder of the Brahma Samaj and campaigner for women's rights, came to Britain to ensure that laws banning widow burning (<i>satī</i>) in India were not overturned. In 1833, he died of meningitis in Stapleton near Bristol.
1847	Organisation of the British Vegetarian Society at a vegetarian hospital in Ramsgate, Kent.
1868	Max Müller (1823-1900) became Oxford's first Professor of Comparative Theology (All Souls College) and began popularising the study of Indian religions in Britain.
1870	Bengali intellectual and Brahma Samaj member Keshub Chunder Sen (1838-1884) travelled to Britain and gave well-attended lectures on 'Universal Religion,' 'Education in India,' 'Female Education in India,' and 'Reforms in India.' For details on his influence and reception see John Tompson's <i>A Sermon on the Nature of Theism</i> and the Brahma Samaj's publication <i>Chandra Sen in England</i> .

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1874	Helen Petrovna Blavatsky (1831-1891) and Henry Olcott (1832-1907) founded the Theosophical Society in New York City.
c.1875	Indian holy man Shivapuri Baba (1826-1963) claimed to have 18 audiences with Queen Victoria, his biography was written by J. G. Bennett and published in 1963.
1878	Branch of the Theosophical Society founded in London.
1879	Publication of <i>Light of Asia</i> by Edwin Arnold, a poem about the life of the Buddha that brought Indian religion to the attention of intellectuals including T. S. Elliot. Blavatsky and Olcott toured India and Ceylon for spiritual inspiration and relocated the Theosophical Society headquarters to Adyar, a suburb of Madras.
1882	Society for Psychical Research was established in London to investigating paranormal phenomena, including the Theosophical Society.
1884	The London Branch of the Theosophical Society experienced a power struggle between an 'Eastern' and a 'Western' focus. Anna Kingsford (1846-1888) and Edward Maitland (1824-1897) wrote <i>The Perfect Way, or the Finding of Christ</i> (1882) in an attempt to return the Society's direction back towards esoteric Christianity. She was challenged by Alfred Percy Sinnett (1840-1921) whose <i>Esoteric Buddhism</i> (1883) summarised channelled lectures on <i>karma</i> merged with evolutionary theory and descriptions of the lost civilisation of Atlantis.

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1888	Blavatsky published <i>The Secret Doctrine: The Synthesis of Science Religion and Philosophy</i> .
1893	Swami Vivekananda (1863-1902) represented Hinduism at the 'World Parliament of Religions' at the Chicago World Fair. Annie Besant (1846-1933) converted to Theosophy after reviewing H.P. Blavatsky's book <i>The Secret Doctrine</i> . Besant had previously established a reputation in Britain as an outspoken feminist, secularist and birth control advocate. Bengali Aurobindo Akroyd Ghose (1872-1950) graduated with a first in classics at King's College, Cambridge. He later became well-known as a political activist for Indian independence before he renounced those activities for religious development. Aurobindo founded what is now called Integral Yoga and founded an ashram in Pondicherry, India.
1894	Swami Vivekananda established the Vedanta Society of New York (VSNY).
1895	Swami Vivekananda stayed in Wimbledon and gave well-publicised lectures at venues, such as the Sesame Club and Broad Church groups, in 'Practical Vedanta' in London. Vivekananda taught that all religions are a path to a single goal of realising God; manifest in all phenomena and inherent in the Self.
1896	Swami Vivekananda again gave lectures in 'Practical Vedanta' in London. Max Müller promoted the figure of Vivekananda's guru Ramakrishna with the 1896 article 'A Real Mahatman' in the journal <i>The Nineteenth Century</i> .
1897	Yogi Bava Lachman Dass described (negatively) as a Yogin as he performed a forty-eight posture side-show of London's Westminster Aquarium. (Thanks to Mark Singleton).
1899	Swami Vivekananda made his last visit to Britain.

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1901	<p>John Maurice Watkins (1862-1947) opened Watkins' Bookshop at No. 21 Cecil Court of Charing Cross Road. He had been in business with mail-order Theosophical books since 1893.</p> <p>The unfitness of the British population in mobilisation for the Boer War put physical fitness and public health on the government agenda.</p>
1902	<p>Swami Rama Tirtha (1873-1906) taught Vedānta in Japan and then California.</p>
1903	<p>William Walker Atkinson (1862-1932) began writing books under the name of Yogi Ramacharaka, the first book being <i>The Hindu-Yogi Science of Breath. A Complete Manual of the Oriental Breathing Philosophy of Physical, Mental, Psychic and Spiritual Development</i> (1903). It was sometimes claimed that he learned about yoga at the Chicago World's Fair by someone named 'Baba Bharata,' a disciple of the 'original' Yogi Ramacharaka.</p>
1905	<p>Eugene Sandow tours India inspiring further enthusiasts with physical culture training. (Thanks to Mark Singleton)</p> <p>British publishers John Murray began the 'Wisdom of the East' series. Early titles included <i>The Sayings of Lao Tzu</i> (1905), <i>The Teachings of Zoroaster and the Philosophy of the Parsi Religion</i> (1905) and <i>Brahma Knowledge: An Outline of the Philosophy of Vedanta</i> (1907).</p> <p>Pierre Bernard (c.1875-1955) founded the 'Tantrik Order in America' and 'The Tantrik Press'</p>
1906	<p>L.N. Fowler & Co. published O. Hashnu Hara's <i>Practical Yoga, with a chapter devoted to Persian Magic</i> which presented the yogi-fakir as a magician. (Thanks to Mark Singleton)</p> <p>Yogi Ramacharaka' possibly lectured in Hull (and elsewhere in Britain?)</p> <p>*event submitted by John Cain and not confirmed by the author</p>

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1907	Annie Besant assumed presidency of the Theosophical Society, a position that she held until her death in 1933. She moved to Adyar, a suburb of Madras where she focused attention on education reform in India and became an active member of the Indian National Congress.
1908	Annie Besant published <i>An Introduction to Yoga, Four Lectures</i> from her position as Theosophical Society president.
1909	Hereward Carrington publishes a book on magic entitled <i>Hindu Magic: an exposé of the tricks of the yogis and fakirs of India</i> . (Thanks to Mark Singleton)
1910	Bengali wrestler 'Gama' defeated the reigning World Champion of wrestling, Stanley Zbyszko, in London. This event caused British physical culture enthusiasts to take serious interest in the techniques of Indian physical training. Advertisements for a 'Yoga Society' were be found in <i>The Times</i> (London). Pierre Bernard, under the name of 'Oom the Omnipotent,' founded the 'New York Sanskrit College' and was charged for holding a woman captive by his psychic powers and morphine; the woman dropped the case due to fear of Bernard's psychic powers. The case was covered in the <i>New York Times</i> .
1911	Jiddu Krishnamurti (1895-1986) was appointed head of the Theosophical Society organisation 'The Order of the East' which was awaiting the coming of a 'World Teacher' presumed to be Krishnamurti himself. Annie Besant took Krishnamurti and his brother Nitya from their family in Madras to be educated privately in Britain.
1911	Frank Humphreys, an officer in the British army stationed in India, 'discovered' for Anglophiles the Indian holy man Ramana Maharshi (1879-1950) and wrote about him in <i>The International Psychic Gazette</i> (1913).

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1912	Bengali-born Ananda Acharya (1881-1945) taught Vedanta in England before relocating to Norway in 1914 where he spent the remainder of his life. While in Britain he published English translations of a <i>Samhita</i> (1913) and a fifth century Sanskrit drama the <i>Vikramorvasi</i> (1914).
1913	Sir John Woodroffe (1865-1936), a British judge in Calcutta who developed an interest in Sanskrit and Shaktism, published his first English translation of a Shakti religious philosophy under the pseudonym Arthur Alistair Crowley (1875-1947) used Patañjali's <i>Yoga Sutras</i> and Vivekananda's <i>Raja Yoga</i> , <i>The Hatha Yoga Pradipika</i> and the <i>Śiva Samhitā</i> as a basis of his <i>Book Four</i> . Theodor Reuss published a 'Mystic Anatomy' text in the Western esoteric journal <i>Oriflamme</i> incorporating Sanskrit terminology and subtle anatomy. (Thanks to Henrik Bogdan).
1914	World War I begins and Wilfred Clark later claimed to have been introduced to yoga by Indian cavalry serving in Europe and to 'Indian Physical Training' exercises by another soldier who had served in India. Aurobindo, after four years of yoga practice, began publication of a monthly magazine <i>Arva</i> out of his Pondicherry retreat.
1916	Pamphlet produced by a 'Hull Yoga Society' *submitted by John Cain, evidence not seen by the author.
1917	Sir John Woodroffe published his most influential book under the name of Arthur Avalon, <i>The Serpent Power being the Shat-chakra-nirūpana and Pādukā-panchaka</i> .
1919	Yogendra Mastanami (1897-1989), disciple of Paramahansa Madhavadasa, also guru to Swami Kunalayananda, taught what might possibly be the first regular hatha yoga classes in the home of Homi Dadina, son-in-law of Indina nationalist Dadabhai Naoroji (1825-1917) in the Bombay suburb of Versova.

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1920	<p>After successful demonstrations of yogic feats in New York City, Yogendra taught hatha yoga for improved health in upstate New York (Harrison). While in the United States, Yogendra was in dialogue with medical doctors and influenced physical culture and naturopathy in America by contact with Benedict Lust, Bernarr Macfadden and John Harvey Kellogg. After returning to India at the end of 1922 he wrote popular books on yoga asana for better health in English.</p> <p>Pierre Bernard relocated to teach yoga at the 'Country Club' in Nyack, New York.</p> <p>Paramahansa Yogananda (1893-1952) arrived in the United States and founded the Self-Realization Fellowship in California.</p>
1922	<p>The Atlantis Bookshop is founded by Michael Houghton (d. 1956) who published under the name Michael Juste and Ralph Hurst (1898 -1981) who later to adopted the name Paul Brunton on Museum Street, near the British Museum.</p> <p>Jiddu Krishnamurti relocated from England to the property of a Theosophical Society member in Ojai, southern California.</p>
1923	<p>Sir John Woodroffe returned to Britain from judicial service in Calcutta to a post of Reader in Indian Law at his <i>alma mater</i> of Oxford University. He occasionally gave informal lectures on Indian religions in Oxford.</p> <p>Sir Paul Dukes (1889-1967) visited Pierre Bernard's 'Mystic Colony' in Nyack, New York where they were practising hatha yoga exercises and met his first wife, Margaret, a Vanderbilt heir and former wife of US politician Ogden L. Mills.</p>

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1924	<p>Judge Christmas Humphries (1901-1983) founded the Buddhist Lodge in London.</p> <p>Swami Kuvalayananda (1883-1966) established the Yoga Research Institute at Lonavla, outside of Bombay, and began the journal <i>Yoga Mimansa</i>.</p>
1925	<p>J.F.C.Fuller publishes <i>Yoga: A Study of the Mystical Philosophy of the Brahmins and Buddhists</i> with William Rider & Son. (thanks to Henrik Bogdan for this reference)</p>
1928	<p>S. Sundaram published what is possibly the first yoga manual of postures in English, <i>Yogic Physical Culture or The Secret of Happiness</i>.</p>
1929	<p>Hari Prasad Shastri (1882-1956) began teaching Aveda Vedanta in London.</p> <p>Jiddu Krishanmurti announced to the Theosophical Society and the Order of the Eastern Star that he was not the awaited World Teacher.</p> <p>Swami Prabhavananda (1893-1976), a member of the Ramakrishna Vedanta Order, relocated to Los Angeles where he established the Vedanta Society of Southern California in 1930. He influenced British ex-patriots and pacifists Christopher Isherwood, Gerald Heard and Aldous Huxley who resided in this area during World War II.</p>
1930	<p>Mary Bagot Stack (1883-1935) founded the Women's League of Health and Beauty in London. Her physical fitness programme incorporated yoga exercises learned while living in India with her husband, a member of the regiment 2nd Battalion, 8th Gurkha Rifles in 1912.</p>

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1931	<p>Meher Baba (1894-1969) made the first of several trips to Britain. He gathered a small group of dedicated British followers despite maintaining a vow of silence he took in 1925.</p> <p>Medau Rhythmic Movement was introduced to Britain by Hinrich Medau (1890-1974); this system of physical culture included the use of 'Indian clubs' by women.</p>
1932	<p>C.G. Jung gave lectures on 'The Psychology of Kundalini Yoga' in response to Indologist Wilhelm Hauer's lectures at the Psychological Club in Zürich entitled 'Der Yoga, im besondern die Bedeutung des Cakras.' Notes based on Jung's lectures in English were published in 1933.</p>
1933	<p>Victor Dane publishes <i>Naked Ascetic: An account of the author's experiences in India</i> and claims to have been featured in national newspapers as the 'only white yogi' with mesmeric powers.</p> <p>Theos Bernard (1908-1947) met his first wife at his uncle's Nyack Country Club. Bernard's marriage to Viola Wertheim Bernard (1907-1998) lasted from 1934-1938.</p>
1934	<p>Paul Brunton published <i>A Search in Secret India</i> which encouraged India as a destination for religious 'seekers' and popularized the personality of the Ramana Maharishi as a 'genuine' living holy man.</p> <p>Swami Avyaktananda arrived in Britain and soon after established a Ramakrishna Vedanta Centre in London.</p> <p>According to B.K.S. Iyengar, his guru Krishnamacharya visited Swami Kevalayananda at the Lonavla Research Institute in this year.</p>

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1935	<p>Hari Prasad Shastri established a regular newsletter and centre called the Shanti Sadan; He called the teachings he was offering 'Adhyatma Yoga,' the Yoga of Self-Knowledge. Shastri also gave public lectures on the Upanishads, the Bhagavad Gita, Buddhism, Taoism and comparative religion and philosophy. The Shanti Sadan advertised in <i>The Times</i> for lectures in the subjects of 'Yoga or Spiritual Training' or 'Eastern Philosophy and Mvsticism.'</p>
1936	<p>Bhavanarao Shrinivasrao (1868–1951), the Rajah of Adhuh showed a film of surya namaskar at the British Film Institute in London. A journalist for the national paper the <i>News Chronicle</i>, Louise Morgan (1886?–1964) wrote a series of articles aruging that the exerecises were particularly appropriate for women due to their anti-aging properties. (Elliott Goldberg's research).</p> <p>Paramahansa Yogananda gave two well-attended lectures at London's Caxton Hall entitled 'Removing Fatigue at Will' and the 'Highest Technique of God-Contact.'</p> <p>Selvarajan Yesudian (1916-1998) arrived in Hungary and began to teach yoga asana in Budapest. According to Gerald Yorke, Yesudian learned yoga from someone named Mohan Singh and was familiar with the scientific work on yoga being done by Kevalayananda at the Lonavla Research Institute.</p>

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1937	<p>The British government established a Fitness Council to prepare the home front for military action. Mary Bagot Stack's Women's League of Health and Beauty and Eileen Fowler's Keep Fit movements both toured the country promoting physical fitness.</p> <p>The <i>Manchester Evening Standard</i> printed a 'Daily Dozen' of exercises to keep fit which included a number of movements that would later be used in British yoga classes.</p>
1938	<p>Aleister Crowley publishes <i>Eight Lectures on Yoga</i> under the name Mahatma Guru Sri Paramahansa Shivaji with the O.T.O. press. (Thanks to Henrik Bogdan)</p>
1939	<p>Theos Bernard published an apparently autobiographical account of his yogic initiation and studies in India, <i>Heaven Lies Within Us: Yoga Gave Me Superior Health</i>.</p> <p>'Sri Nadi' began teaching yoga from his home in Hampstead, North London.</p>
1941	<p>Aldous Huxley (1894-1963) published <i>The Perennial Philosophy</i> which showed influences of Vedanta Society of Southern California and Jiddu Krishnamurti.</p>
1944	<p>Theos Bernard's <i>Hatha Yoga</i> is published by Rider in Britain; referenced to the <i>Hatha Yoga Pradipika</i> and <i>Gheranda Samhita</i> and has illustrations of the author performing various <i>asanas</i>.</p> <p>Selvarajan Yesudian and Elisabeth Haich (1897-1994) moved their yoga school from Hungary to Zürich.</p>
1945	<p>Murdo MacDonald-Bayne publishes <i>Beyond the Himalayas</i> which presents a spiritual 'yoga journey' in Tibet.</p>

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mid-1940s	Desmond Dunne (b. 1913) opened a School of Yogism in London. He taught deep relaxation, deep concentration, dynamic breathing and dynamic concentration. Dunne gave advice about diet and general attitude.
	A yet unknown 'Indian guru' circulates a document on tantric rituals via David Curwen in the O.T.O. in London. (research of Henrik Bogdan).
	Sir Paul Dukes taught yoga in London.
1946	Paramahansa Yogananda's <i>Autobiography of a Yogi</i> was published.
1947	Henry J. Instance claimed to have taught yoga in evening classes at Formby, Lancashire.
1948	Swami Ghananda (d. 1969) re-established a Ramakrishna Vedanta Centre from a flat in Belsize Park and began weekly lectures at London's Kingsway Hall; Swami Avyaktananda moved to Bath and continued teaching independently of the Ramakrishna Vedanta Order.
	B.K.S. Iyengar began teaching yoga to J. Krishnamurthi.
	Sir Paul Dukes gave the first demonstration of yoga on BBC television.
1950	Sir Paul Dukes presented a four-part series of yoga demonstrations on BBC television.

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1951	<p>Violinist Yehudi Menuhin (1916-1999) discovered yoga in a book in New Zealand.</p> <p>Sir Paul Dukes published <i>The Unending Quest: Autobiographical Sketches</i> which described his spiritual quest in yoga.</p> <p>Desmond Dunne published <i>Yoga for Everyman: How to Have Long Life and Happiness</i> including a survey of students at his yoga school in London. Included in this book are the results of a commissioned Mass-Observation survey in London about feelings of tension and contentment with life that are compared with Dunne's 'graduates.' Included for the general public the question: 'When asked 'What does the word <i>Yoga</i> mean to you?' 44% admitted they had no idea what the word meant and another 20% offered that it was something foreign. However, a minority of respondents had specific ideas, suggesting that yoga was 'a religion or religious man' (26%), 'a system of exercise' (16%) or 'a system of mental and physical control' (4%)</p> <p>London Ramakrishna Vedanta Centre moved from Belsize Park to South Kensington and began publishing the magazine <i>Vedanta For East and West</i>; Professor Ninian Smart and Sir Paul Dukes wrote articles for this journal.</p>
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1952	Menuhin toured India and is introduced to yoga teacher B.K.S. Iyengar (1918-).
1950s	A London-based esoteric order, The New Isis Lodge, claimed to teach 'yoga' and 'tantra' with a large number of other western esoteric practices.
1953	Selvarajan Yesudian and Elisabeth Haich's book <i>Sport and Yoga</i> was published as <i>Yoga and Health</i> by Allen & Unwin.
1954	<p>B.K.S. Iyengar brought to London and Gstaad, Switzerland by Menuhin.</p> <p>Krishnamurti published his first book <i>The First and Last Freedom</i> with an introduction by Aldous Huxley.</p> <p>An 'English Yogin' by the name of G. C. Nixon offered 'a fully illustrated correspondence course' in yoga in the pages of <i>Health & Strength</i> magazine.</p> <p>Eileen Fowler was given a regular 6.45am program on BBC radio for her fitness programme.</p>
1955	<p>Miss Britain claimed in <i>Health and Strength</i> magazine to have been taught yoga by an adagio dancer named Tom Wheeler. What she was taught consisted of: 'hygiene, breathing and some of the simpler asanas or exercises, then concentration and meditation... you can do anything you want to, he used to tell her ... provided you set your mind on it and refuse to give in.' (17 March, 46).</p> <p>The Aetherius Society is founded by George King (1919-1997) who claimed to have mastered yoga practices and then became a channel of interplanetary communication.</p>

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1956	<p>Asian Music Circle founded in London by Ayana Deva Angadi and Yehudi Menuhin made president.</p> <p>Sitar player Ravi Shankar (1920-) began touring and performing in Europe and North America.</p> <p>Eileen Fowler's Keep Fit Association was founded.</p> <p>An Indian named Benno Chowdhury 'who has given many impressive demonstrations of this art in this country' wrote a six-part series of 'Yoga for Women' in <i>Health & Strength</i> magazine.</p> <p><i>The Third Eye</i> is published by T. Lobsang Rampa which purported to be an autobiography of childhood in Tibet with meditation, levitation, and other psychic phenomena. The book was advertised next to other 'foreign' writings such as the authentic autobiography of the Indian dancer Ram Gopal. However, the investigations of a private detective discovered that the author was born Cyril Henry Hoskins (1911-1981), a working class Briton. Mr. Hoskins and his wife later claimed that his body had been possessed by a Tibetan lama and that his former personality had now completely disappeared. Mr. Hoskins and his wife moved to Canada where T. Lobsang Rampa published books on space travel</p>
1958	<p>Mircea Eliade (1907-1986) published <i>Yoga: Immortality and Freedom</i>.</p> <p>Swami Vishnu-devananda (1927 - 1993), disciple of Swami Sivananda (1887-1963) of Rishikesh, arrived in San Francisco to propagate yoga in the West.</p>

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1959	<p>Penguin published <i>Yoga: An Explanation of the practices and philosophy of Indian yoga, and how they can be applied in the West today</i> by Ernest Wood (1882-1965).</p> <p>Shyam Sundar Goswami (b. 1891) published <i>Hatha-Yoga. An advanced method of physical education and concentration</i> with Fowler and had been regularly teaching yoga in Sweden. In this book he claimed to have given yoga demonstrations in London, Paris, Zürich and 'other places in Europe.'</p> <p>Indra Devi (1899-2002) relocated to Los Angeles published her first book on yoga asana; born in Latvia as Eugenie Peterson, she had been taught by Swami Vishnu-devananda entitled <i>Yoga Asanas. A natural method of physical and mental training</i>.</p>
1960	<p>Bernadette Cabral (1935-1970) began teaching Pranayama Yoga to friends in Birmingham.</p> <p>On New Year's Day the Maharishi Mahesh Yogi (c.1917-) taught Transcendental Meditation in London for the first time and established the Spiritual Regeneration Movement this year.</p> <p>B.K.S. Iyengar gave public lecture-demonstrations in Highgate while staying to teach Yehudhi Menuhin yoga.</p> <p>Sir Paul Dukes published <i>The Yoga of Health, Youth and Joy</i> which included over sixty illustrations of asana.</p>
1961	<p>Iyengar visited London and gave small public classes and demonstrated at the Everyman Cinema, Hampstead.</p> <p>Wilfred Clark (1898-1981) gave his first lectures on yoga to the Workers' Educational Association in Birmingham.</p> <p>Maharishi Mahesh Yogi had a public meeting in the Royal Albert Hall and The School of Meditation is founded jointly by The Study Society and The School of Economic Science. It subsequently became a separate entity from the Maharishi.</p>

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1962	<p>Iyengar gave public classes in London and demonstrated at the Commonwealth institute.</p> <p>Penguin published Juan Mascaró's translation of the <i>Bhagavad Gītā</i>.</p>
1963	<p>During his annual visit, Iyengar taught 70 pupils in London and 20 in Brighton as well as giving three public demonstrations. Iyengar appeared on BBC television in a special feature 'Menuhin and his Guru' interviewed by David Attenborough.</p> <p>Birmingham Yoga Club founded by Wilfred Clark and Margaret Ward (precursor to the Wheel).</p> <p>Yogini Sunita began an experimental yoga class at the Birmingham Athletics Institute.</p> <p>Karnatak singer S. M. Subbulaksmi (1916-2000) sung to great acclaim at the Edinburgh Festival and toured Europe and North America.</p>
1964	<p>Wilfred Clark and Margaret Ward expanded the Birmingham Yoga Club into the Midlands Yoga Association.</p> <p>Bihar School of Yoga founded in India by Swami Satyananda (1923-) a disciple of Swami Sivananda.</p> <p>Aldous Huxley published his final novel <i>Island</i> which is set on a utopian island combining the best of Indian spirituality with 'Western' pragmatics.</p> <p>Belgian André van Lysebeth studied asana with Sri Krishna Pattabhi Jois (1915-) in Mysore, India. He published the address of this teacher in his 1971 book <i>J'apprends le Yoga (Yoga Self-Taught)</i>.</p>
1965	<p>Wilfred Clark and Margaret Ward renamed their organisation the Wheel of British Yoga.</p> <p>John Coltrane (1926-1967) released <i>A Love Supreme</i> and names his third child 'Ravi' after the Sitar player.</p> <p>Sitar-like sound is used by bands The Kinks on the single 'See My Friend' and The Yardbirds 'Heart Full of Soul.'</p>

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Timeline - Modern Yoga in Britain

1965	<p>George Harrison (1943-2001) of The Beatles picked up a sitar on the set of the movie <i>Help!</i> and used the instrument in the single 'Norwegian Wood'.</p> <p>Swami Abhay Charan Bhaktivedanta Prabhupada (1896-1977) arrived in New York city to spread his Gaudiya Vaiṣṇavite faith. He founds the International Society for Kṛṣṇa Consciousness (ISKCON) the following year.</p>
1966	<p>B.K.S. Iyengar's <i>Light on Yoga</i> published by Allen & Unwin.</p> <p>George Harrison took sitar lessons from Ravi Shankar via the Asian Music Circle in London.</p> <p>J. Krishnamurti stopped yoga lessons with B.K.S. Iyengar and began lessons with T.K.V. Desikachar.</p>
1967	<p>The Wheel of British Yoga began a monthly Bulletin and held its first public rally in Birmingham and attracted 200 participants.</p> <p>The Beatles attend retreat in Wales with the Maharishi Mahesh Yogi which was well-covered by the press and declare on the David Frost show on national television their faith in meditation and reincarnation.</p> <p>Alan Babington gave first 'experimental' yoga class in Inner London Adult Education at the Calpham Institute. He later moved to the independent Mary Ward Centre in Bloomsbury where he developed Albion Yoga.</p> <p>In San Francisco ISKCON founder Swami Prabhupada shared the stage with The Grateful Dead, Allan Ginsburg, Big Brother and the Holding Company, and others in a 'Mantra-Rock Dance'</p> <p>Paramahansa Yogananda, Yuktswar Giri, Lahiri Mahasaya and Mahavatara Babaji featured on the cover of The Beatles's <i>Sgt. Pepper's Lonely Hearts Club Band</i>.</p>

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Timeline - Modern Yoga in Britain

1968	<p>Iyengar gave a yoga demonstration in Manchester as well as regular public classes in London.</p> <p>The Beatles attended a yoga retreat in India with the Maharishi Mahesh Yogi but their association had publicly ceased by the end of the year.</p> <p>Magazine <i>Gandalf's Garden</i> began circulation and Muz Murray (1940 -) sets his drop-in yoga centre on King's Road, Chelsea.</p> <p>Dr. and Mrs. Puri moved to Liverpool and began teaching yoga from their home.</p> <p>Swami Paramahansa Satyananada Saraswati (1923-) published <i>Asana, Pranayama, Mudra, Bhandas</i>. Ma Yoga Shakti (1927-) taught in Britain on behalf of Swami Satyananda. She made annual visits for several years before settling in the United States. She later established her own ashrams, primarily in the United States.</p> <p>The first Sivananda yoga centre opened in London.</p> <p>Three couples of ISKCON devotees arrive in London to spread Swami Prabhupada's message.</p>
1969	<p>'Iyengar yoga' approved in the ILEA curriculum and training courses established at the Paddington College of Physical Education.</p> <p>Yoga Centre in Brighton started by Helena Thomas, a student of B.K.S. Iyengar</p> <p>George Harrison provides financial support to establish Swami A.C. Bhaktivedanta Prabhupada's International Society for Krsna Consciousness (ISKCON) in London and produced an album of the Radha Krishna Temple's devotional singing with Apple.</p> <p>The Who's <i>Tommy</i> premiered and Pete Townshend attributed many of the ideas to his spiritual inspiration, the silent Indian ascetic Meher Baba.</p> <p>Movie icon Terrance Stamp turned his back on celebrity and boarded a plane to India.</p>

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Timeline - Modern Yoga in Britain

1969	<p>British High Commissioner for India, Apa Pant (1912- 1992) son of Bālā-Sāhib Pandita Pratinidhi, the Maharajah of Aundh who wrote <i>The Ten Point Way to Health</i> detailing The Salute to the Sun (Surya Namaskar) exercises, began sponsoring British yoga events.</p> <p>Jiddu Krishnamurthi taught for the first time at Brockwood Park which became an annual event for hundreds of people until 1985.</p> <p>At the Woodstock Music and Arts Festival, Ravi Shankar played and Swami Satchidananda (1914-2002), a disciple of Swami Sivananda, gave a short presentation. Swami Satchidananda visited London and Birmingham and appeared on Midlands ATV. He later established the Integral Yoga Institute in Virginia, USA.</p>
1970	<p>George Harrison produced the <i>Radha-Kṛṣṇa Temple</i> album of devotional music with Apple and ISCKON appearing twice on <i>Top of the Pops</i> and Harrison released the single 'My Sweet Lord' which used the 'Hari Krishna' mantra as a refrain.</p> <p>Penguin published <i>The Krishnamurti Reader</i>.</p> <p>Sri Chinmoy (1931-2007) made his first European tour and gave talks at Oxford and Cambridge. Born in Bengal as Chinmoy Kumar Ghose, Sri Chinmoy was a member of the Sri Aurobindo ashram in India before emigrating to New York in 1964.</p> <p>Bhagwan Shree Rajneesh (1931-1990) began attracting his first European and American disciples while teaching from a flat in Bombay. His ashram, established in Pune in 1974, became a destination for young European and American travellers.</p>

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Timeline - Modern Yoga in Britain

1971	Richard Hittleman (1927-1991) appeared on ITV's <i>Yoga for Health</i> produced by Howard Kent (1919-2005) and the series is accompanied by <i>Yoga and Health</i> glossy magazine, precise-along with records, and paperback books.
	Vikram Singh (formerly Vic Briggs of the band The Animals) established the first London branch of The Happy Healthy Holy Order (3HO) and promoted 'Kundalini Yoga' in <i>Yoga and Health</i> . 3HO was founded in the United States by Harbhajan Singh Puri more commonly referred to as Yogi Bhaajan (1929-2004) in 1969.
	Pete Townsend dedicated his first solo album <i>Who Came First</i> to Meher Baba.
	Manchester and District Iyengar Yoga Institute established and began Iyengar Yoga Teacher Training in Manchester.
	Swami Pragyamurti Saraswati began teaching in her south London home which became the Satyananda Yoga Centre in London affiliated with the Bihar School of Yoga in India.
	George Harrison organised the <i>Concert for Bangla Desh</i> in Madison Square Garden to raise money for famine victims in India.
	Prem Pal Singh Rawat (1957 -) was introduced to Britain by his mother and appeared at the Glastonbury Fair. By the summer of 1973, the movement around Rawat, then known as the Divine Light Mission, claimed to have 8,000 devotees (called 'premie') and had about 40 designated premie households Britain.
	Yoga Centre opened by B.K.S. Iyengar in Brighton.
Brahma Kumaris first began teaching in Britain	

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Timeline - Modern Yoga in Britain

1972	<p>Wilfred Clark joined the Friends of Yoga Society (FRYOG) in India as its British Representative.</p> <p>Howard Kent founded Yoga for Health Clubs, an organisation to help facilitate yoga groups around Britain.</p> <p>Swami Satchidananda of the Integral Yoga Institute (Virginia, USA) was made nominal president of the British Wheel of Yoga</p> <p>Sivananda Yoga Vedanta Centre in London was given a resident Swami from Canada.</p> <p>Followers of Prabhat Rainjan Sarkar (1921 -1990), known as Ananda Marga, began activities in Britain.</p> <p>European Union of Yoga, a body to co-ordinate developments in the teaching and professionalisation of yoga between nations in Europe.</p>
1973	<p>The Wheel of British Yoga spent several months with the name The Western Yoga Federation before settling on the name the British Wheel of Yoga.</p> <p>Regular section of yoga on the BBC lunchtime show 'Pebble Mill at One'</p> <p>Swami Gitananda (1907-1993) taught yoga in Britain and was covered in <i>Yoga & Health</i>.</p> <p>B.K.S. Iyengar began to teach regularly in the United States.</p> <p>American David Williams (1947-) began studying Astanga Vinyasa Yoga with Pattabhi Jois in Mysore.</p>
1974	<p>BBC aired television series 'Every Body Knows' with Arthur Balaskas.</p> <p>T.K.V. Desikachar impressed Wheel delegates at the European Yoga Federation meeting in Zinal, Switzerland.</p> <p>The Brahma Kumaris, founded by Lekhraj Kripilani (1876-1969) in India, began advertising in British yoga magazines under the name of their main meditation practice 'Raja Yoga'.</p>

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Timeline - Modern Yoga in Britain

1975	<p>Wilfred Clark founded the Friends of Yoga (FRYOG) in Britain.</p> <p>ITV replaces Hittleman's 'Yoga for Health' with Lyn Marshall's 'Wake Up with Yoga' at 11am on Sundays.</p> <p>Pattabhi Jois travelled to Encinitas, California to teach Westerners at the invitation of David Williams.</p>
1976	<p>B.K.S. Iyengar opened the Ramanani Iyengar Memorial Yoga Institute (RIMYI) in Pune, India and British teachers began regularly travelling to India for training.</p> <p>T.K.V. Desikachar taught in London and at the Cambridge Hatha Yoga Society.</p>
1977	<p>B.K.S. Iyengar Teaching Association formed.</p> <p>Ramakrishna Vedanta Centre relocated from London to Bourne End.</p>
1978	<p>Yoga for Health Foundation founded by Howard Kent and acquired headquarters in Ickwell Bury.</p>
1978	<p>Derek Ireland began practising Astanga Vinyasa Yoga.</p>
1981	<p>Paul Harvey founded the Bath Yoga Centre teaching under the method of T.K.V. Desikachar.</p>
1983	<p>Yoga Biomedical Trust founded in Cambridge by Robin Monro.</p>
1984	<p>Iyengar Yoga Institute (Maida Vale) building opened; B.K.S. Iyengar gave a demonstration at the Barbican in London which sold out.</p>
1986	<p>Derek Ireland (1949-1998) and Radha Warrell taught Astanga Vinyasa Yoga at London Dance Works - during this year they also taught in New York City regularly</p>

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1991	Derek Ireland and Radha Worrell established The Practice Place in Crete which became a centre for popularising Astanga Vinyasa Yoga in Europe.
1993	John Scott opens a centre in London dedicated to teaching Astanga Vinyasa Yoga The Life Centre opens in London as a commercial, non-membership based yoga and health centre.
1995	The British Wheel of Yoga is recognized by Sports Council as the 'governing body for yoga' in the UK.

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I am not a History PhD but this is what my history professor and history PhD students have told me. First, if you want to get a history PhD, you will really have to love history. Literally, love it. Second, it is very hard, extremely hard. Everyth... I know a colleague who wrote a dissertation over 600 pages long, and finally was told by his committee to stop. The quickest ways to shorten the time to get a PhD are one, know what you want to write your dissertation on before you even apply. (That also will help you get into grad school, since the school will see you are serious and anxious to get your degree.) You are competing with some of the smartest people in the world working on very similar things to you, so getting a bit of impostor syndrome / depression is common. PhD, Faculty of History, University of Cambridge. Contact. Connect with experts in your field. Suzanne Newcombe is a Lecturer in Religious Studies at the Open University and a Research Fellow at Inform, based in the Department of Theology and Religious Studies at King's College London where she works part-time on an ERC Horizon 2020 Project entitled 'Entangled Histories of Yoga, Ayurveda and Alchemy in South Asia'. In the hall full of silent scholars, I opened it and leafed through picture after picture of men and women in familiar postures. Here was Warrior Pose; there was Downward Dog. I looked through hundreds of manuals of modern yoga, and thousands of pages of magazines. I studied the 'classical' traditions of yoga, particularly hatha yoga, from which my practice was said to derive. I read a swath of commentaries on Patanjali's Yoga Sutra; the Upanishads and the later 'Yoga Upanishads'; medieval hatha yoga texts like the Goraksasataka, Hatha Yoga Pradipika, and others; and texts from the Tantric traditions, from which the less complex, and less exclusive, hatha yoga practices had arisen.