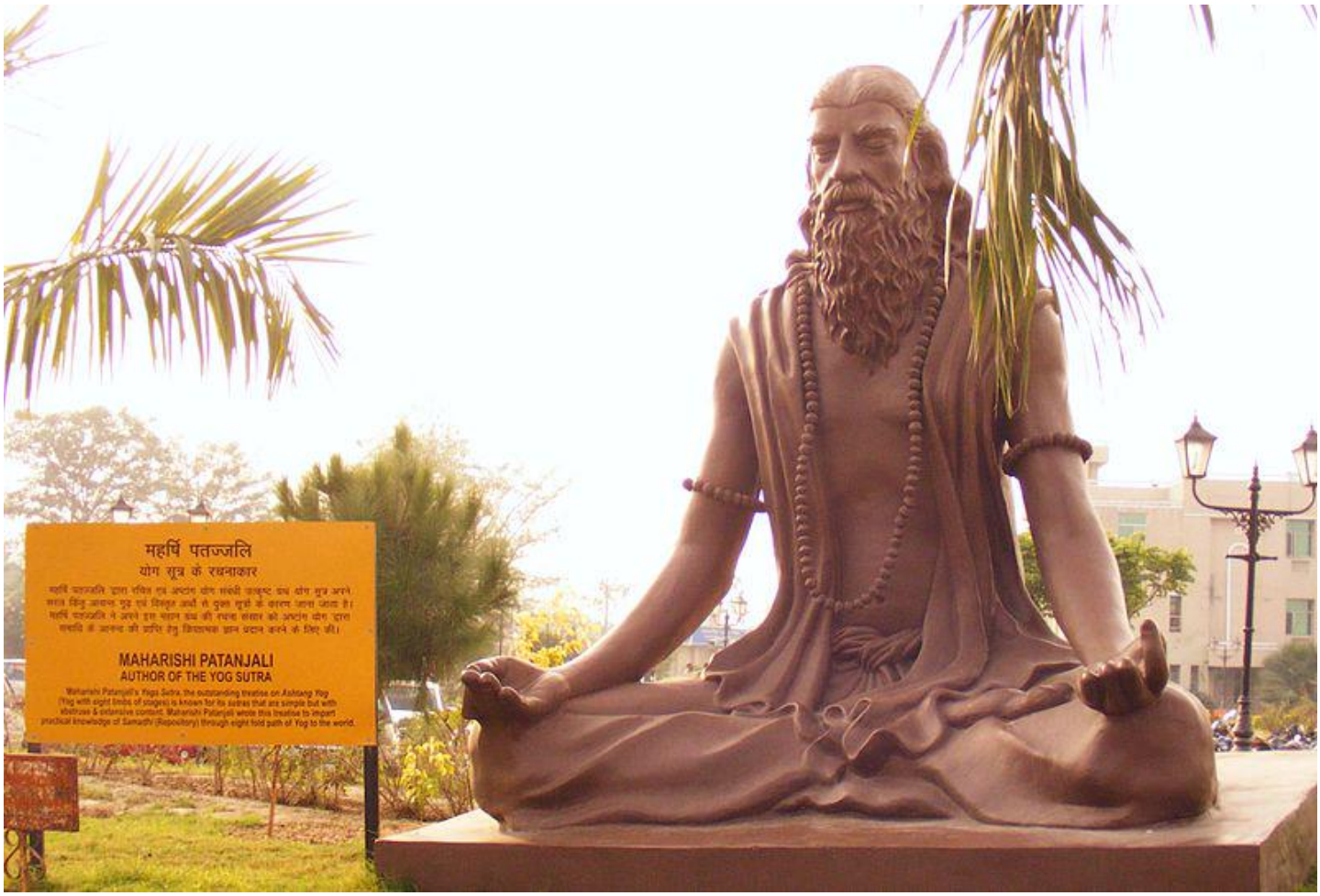
Twitter Thread by #IndianHistory

#IndianHistory
@RareHistorical

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

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

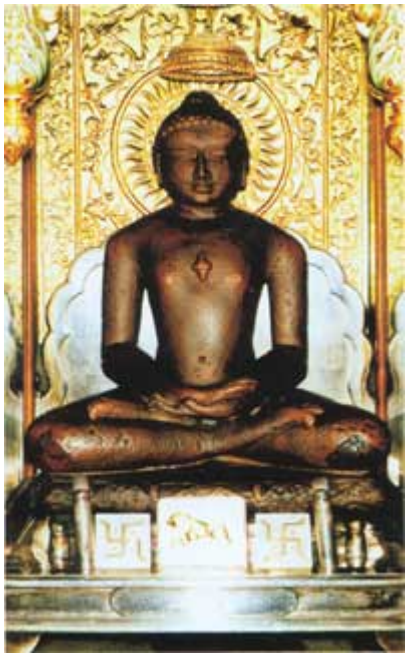
Yoga Sutras of 196 sutras were compiled around 400 CE by Patañjali, taking materials from older traditions.
#YogaDay http://t.co/wdyu1A5dTQ



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



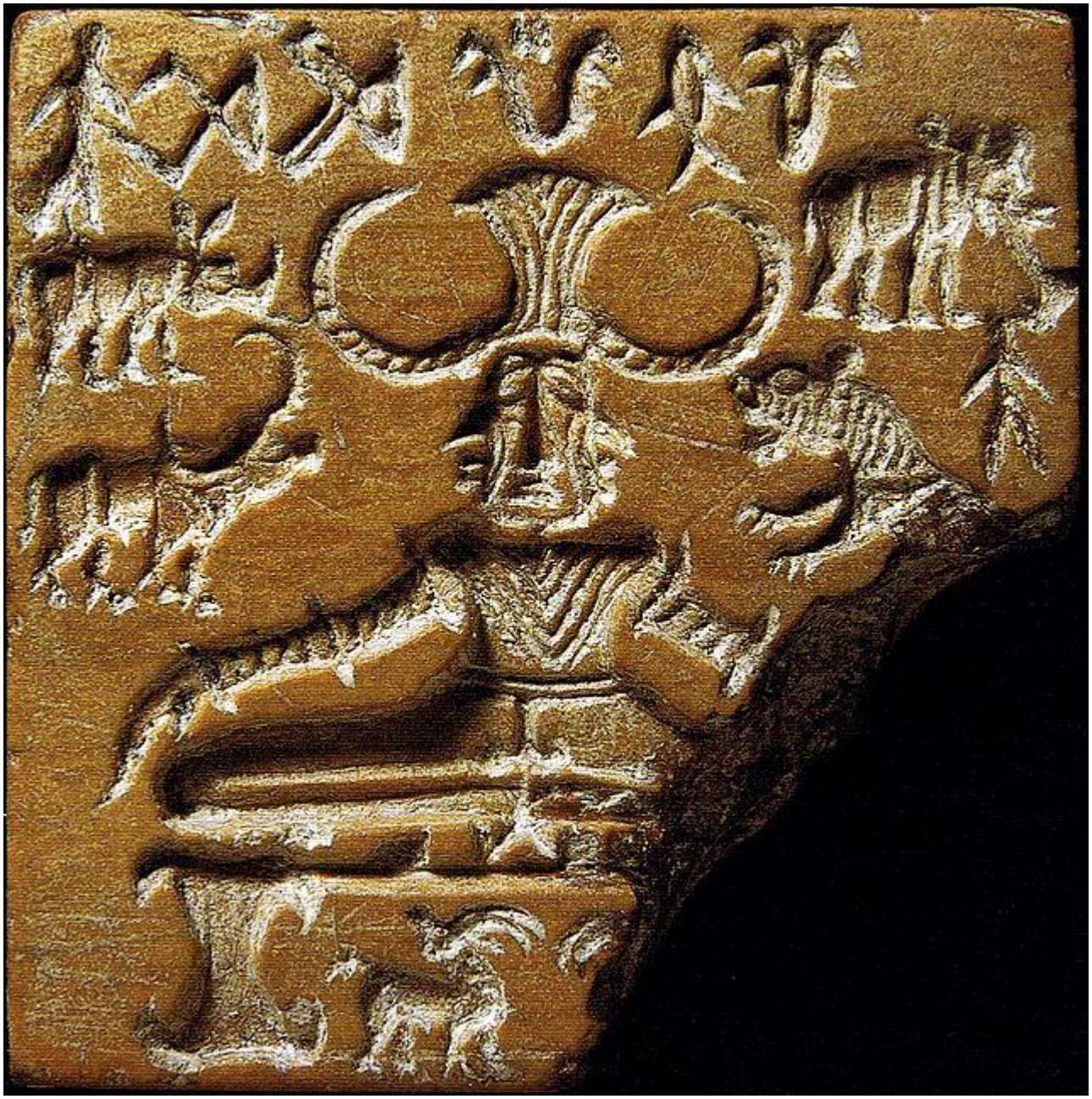
Bhagwan Mahavira, 24th Tirthankara of Jainism, performing yogic meditation in the Padmasana posture. #YogaDay http://t.co/EFPcJi6Q7m



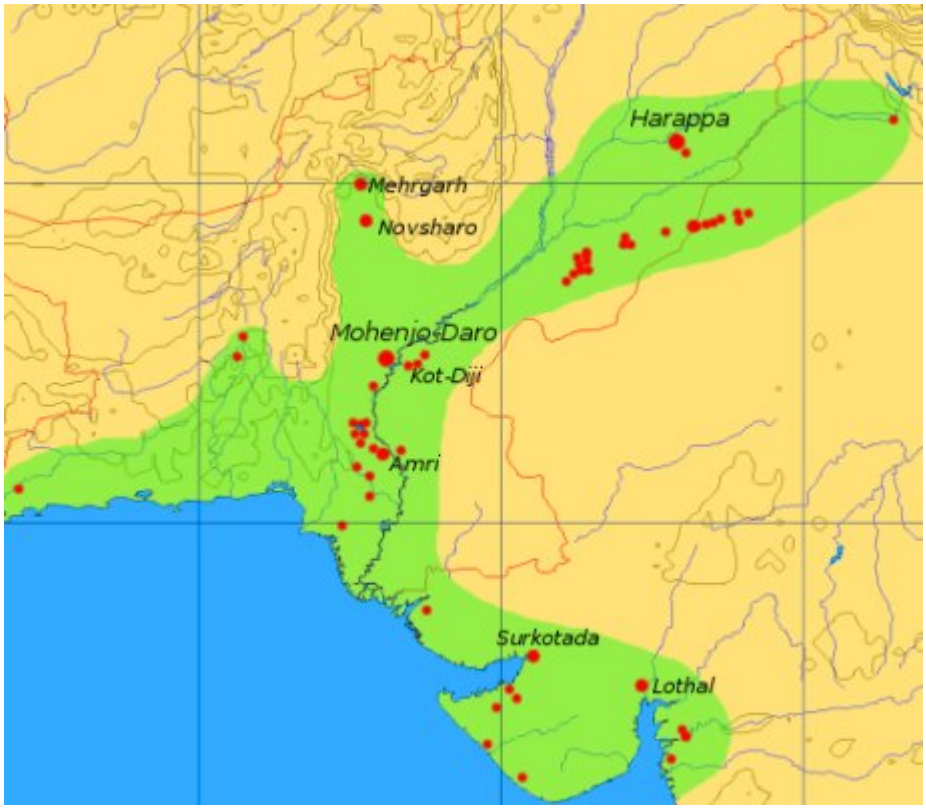
A 4th century statue of Bhagwan Buddha from #GuptaDynasty, performing yogic meditation in Dharmachakra mudra #YogaDay http://t.co/ojdfb73dLV



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
#IndianHistory



#Swastik symbols on the Church of Christ Pantocrator (13th-14th century) in Nesebar, Bulgaria.

