

A CHRONOLOGICAL PERSPECTIVE OF OUR YOGA TEXTS (Please note the dates given will slightly vary according to different authorities)	
VEDIC ERA	
6500 – 900 B.C.E.	Indus-Saraswati Civilization, in cities such as Mehrgarh and later (3000 B.C.E) within satellite cities, such as Mohenjo-Daro along the Indus River.
4000 to 2000 B.C.E.	Rig Veda, Sama Veda, Yajur Veda & Atharva Veda
2600 to 1500	Brahmanas , ritual texts full of metaphor, based on the Vedas. Also the Aranyakas which were forest teachings where orthodox Brahmins chose to live a life of solitude, moving away from the hustle & bustle of life, to perform their rituals etc. This was the first time we find the ‘sannyasin’ living a life of renunciation. The forest teachings prepared the ground for the later Upanishads and subsequent ascetic traditions of Yoga.
1500 to 1200 B.C.E.	The invasion of the Sanskrit speaking Indo-Aryan tribes – now refuted by many scholars. They are now thought to have peacefully settled long before then.
1450 B.C.E.	The Great Bharata War forming the basis of the later Bhagavad Gita
1000 – 900 B.C.E.	With the drying up of the great Saraswati River there was a movement away from the Indus-Saraswati region to populate the fertile regions of the Ganges in the west.
PRE CLASSICAL ERA	
700 to 600 B.C.E	Brihadaranyaka, Chandogya, Taittiriya, Aitareya, Kausitara Upanishads
600 to 400 B.C.E	Kena, Katha, Isa, Svetasvatara, Mundaka Upanishads
500 to 300 B.C.E.	Bhagavad Gita (Part of the Epic Mahabharata)
400 to 300 B.C.E.	Maitri, Mandukya, Prasna Upanishads
563 to 483 B.C.E.	Buddhism (200 B.C.E to 400 C.E. was the height of Buddhism in India)
CLASSICAL ERA	
300 B.C.E to 300 C.E.	Patanjali's Yoga Sutras (often given as 150 – 200 C.E.)
POST CLASSICAL ERA	
200 C.E.	Brahma Sutras
400 C.E.	Rise of Tantra
1400 C.E.	Hatha Yoga Pradipika
1650 C.E.	Gherandha Samhita (another Hatha Yoga Text)
1760 C.E.	Beginning of British Raj in India
1862 to 1902 C.E.	Swami Vivekananda comes to the West and begins the dissemination of Yoga in Europe and America

Regarding dating texts and authorship: -

It is interesting to note for Indian texts it is extremely difficult to accurately date them because Indians consider them to be eternal truths, which have always been available to us, meaning dates were rarely recorded. Also, the authorship of these texts is often questionable because the author is simply seen as having transcribed that given to them by a higher consciousness (Sruti: directly revealed), so sometimes we see the same name given several centuries later or the authorship is simply anonymously ascribed to ‘the author’!

There are two definitive lineages: 1) **Brahmanic Lineage** accepting the wisdom of the Vedas but not the authority of the Brahmin Priests, as found within the Upanishads & Bhagavad Gita 2) **Sramanic Lineage** rejecting the Vedas *and* the authority of the Brahmin Priests: Buddhism and the Classical Yoga of Patanjali's Yoga Sutras.

