

Dr. Sarah Khan

Abstract of the book Berg, Baum, Vishnu, Die Entstehung des Yogas in der Indus-Zivilisation und seine Entwicklung bis heute, Eine ikonographisch-ikonologische sowie bildwissenschaftliche Untersuchung zum Yoga, Berlin 2018, ISBN: 978-3-643-14229-0

Although yoga is a mass phenomenon in the 21st century and many of its fields seem to be extensively researched, there is still a controversial discussion whether human beings were really practicing yoga around 2000 BC or whether the pathways of yoga cannot rather be attributed to appearances like the historical Buddha Gautama.

Using selected images, this book traces the history of yoga to the present day and offers a fresh perspective on its fundamental ideas. Thus, it can also be seen as an aid to a better understanding of yoga and its associated structures.

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