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HISTORY · STYLES · POSES · CHAKRAS

# YOGA

*History, styles & poses: a clear guide,  
with a featured chapter on Kundalini Yoga*



Published by Clarity Guides - Cover figure: Tree pose (Vrksasana), drawn by Clarity Guides

Preview – full guide coming soon – [goclarity.uk](https://goclarity.uk)

# ABOUT THIS GUIDE



**M**illions of people in Britain roll out a yoga mat every week. Behind that mat sits a story more than two thousand years long, full of philosophers, poets, wandering ascetics, palace teachers and modern reinventions.

This guide sets out to make that story clear. It explains what the word *yoga* means, traces its history from the debated seal of the Indus Valley to the International Day of Yoga, and describes every main style you are likely to see on a timetable, so you can choose a class with confidence. There is a featured chapter on **Kundalini Yoga**, a spotlight on **Laughter Yoga**, a full chapter on the **chakras**, 47 illustrated poses with a beginner option for each, a Sun Salutation, breathing, meditation and mudras, a gentle 15-minute routine and practical advice on finding a class in Fife and across Scotland.

We have tried to be accurate and fair. Dates and quotations come from published sources listed at the back. Where scholars disagree, or a popular story has little evidence behind it, we say so, using three small labels:

- RECORD** what the historical record or a primary text actually shows
- LEGEND** traditional stories, sacred narrative and claims we cannot check
- MODERN** ideas and practices that are modern, roughly from the 19th century onwards

None of these labels is a criticism. A legend can carry deep meaning, and a modern practice can be valuable. The labels simply help you tell the kinds of claim apart. The pose diagrams are simple figures drawn by Clarity Guides.

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**Not medical advice.** This guide is for general interest and education. Yoga is not a treatment or cure for any condition. If you have a health condition, are pregnant, or are unsure whether yoga is right for you, talk to your GP or midwife first, and read the safety page before you start.