Yoga is a more than 2000 year old philosophy originating from India.

The word Yoga comes from the sanscrit word yuga which means yoke, from yui to harness, to tie together. The meaning is to tie together the human being and his soul and to unify and connect the human soul to God.

Originally Yoga was a purely spiritual way aiming for enlightenment through meditation. The different asanas (Yoga positions) only developed gradually. Their preliminary goal was to purify and open up the body, make it strong from inside and mobilize it so it could stay in a meditation position (lotus seat) for a long time possibly without any discomfort.

Throughout the centuries the positive and healing effect of the asanas on the human wellbeing was recognized. The asanas were developed further and physical activity became more and more important in Yoga.

The creation of Hatha Yoga is a first result of this development. The «Hatha Yoga Pradipika», a book from the 15th century, describes techniques which include the body as an effective means and tools to reach the spiritual and existential goals of Yoga.