



YOGA RULES

by Victor Shadow

Photos by: John Garrett

On just a few streets in my neighbourhood you will find six or seven yoga centres, as well as two shops that specialise in yoga mats, esoteric cushions, statues of Buddha and so on. And I'm guessing this is more or less the same in any contemporary Western city. These days, yoga rules, and we owe it all to India and The Beatles. Because while yoga had been known in the West before the late '60s (mostly as part of vegan cults in the 1930s), it is safe to say that the visits by Ringo, Paul, John and George to India and their friendship with the very bearded Maharishi Mahesh Yogi (and the many hippies that followed in their footsteps) paved the way for the modern-day yoga craze. This was not without a struggle, though: as late as 1989, the Vatican released a statement warning that yoga can lead to a cult of the body. How right it was.

Picture from the book: Unisex Yoga (1974).