

History / Lineage

ISHTA yoga was founded by Alan Finger, a second-generation yoga master, in the late 1960. At age fifteen, Alan began his studies with his father Kavi Yogi Sivananda Mani Finger. Mani had been initiated by Paramahansa Yogananda, and brought yoga to South Africa. Many influential gurus and swamis from India stayed at the Finger Ashram. Alan spent years absorbing and later teaching the ancient techniques of Kriya Yoga, Sivananda Yoga, Laya Yoga and Tantra. The key teachers who were major influences on the creation of the ISHTA lineage were

- **Paramahansa Yogananda** - Author of Autobiography of a Yogi
- **Swami Nishraisananda** - Scientist and engineer who turned yogi. His understanding of the links between spiritual yogic concepts and modern science is a foundation of ISHTA's conviction that we are only now beginning to understand in a "scientific" perspective the physical and energetic effects of yoga, which ancient yogis intuitively understood thousands of years ago
- **Swami Venkatesananda** - A friend of T. Krishnamacharya and a leading student of Sivananda's
- **Shuddhanand Bharati** - Tantric master who initiated both Alan and Mani into Tantra and was the driving force behind the systematization of ISHTA as a system of yoga



Having been introduced to and initiated into so many different tools and techniques, Alan and his father felt the need to systemize what they had learnt. The ISHTA yoga system acknowledges and celebrates the many different lineages of yoga that passed through Alan's and Mani's doorway and brings clarity to these different systems by relating them back to the individual quest for self-awareness, self-knowledge and healing through one fully integrated system (www.ishtayoga.com).

Alan's passion for sharing yoga led him to the United States. He worked first in Los Angeles, where he founded Yoga Works and then to New York City where he created Be Yoga, now part of the Yoga Works family (www.yogaworks.com).