Click Here

Posted bySoFLo Hot YogaFebruary 27, 2025March 3, 2025Posted inHot Yoga Are you thinking about trying hot yoga but feel unsure of what to expect? Don't worry—you're not alone! Starting something new can feel challenging, but with the right preparation, your first hot yoga class can be a rewarding and enjoyable experience. Here are eight helpful tips to ensure you step onto your mat with confidence and leave class feeling amazing:1. Choose the Right Hot Yoga ClassStart by researching your options. Look for beginner-friendly hot yoga classes that fit your schedule and skill level. With so many types of hot yoga available, it's a good idea to check the class descriptions or call the studio to ask for recommendations to make sure you're in the right place.2. Stay HydratedHot yoga is practiced in a heated room, making hydration essential. Drink plenty of water before, during, and after class to prevent dehydration. Bring a large, refillable water bottle to sip throughout the session, and consider adding electrolytes to replenish the minerals lost through sweat.3. Dress for SuccessWear lightweight, moisture-wicking clothes that keep you cool while allowing free movement. Avoid heavy or baggy clothing, which can trap heat. Opt for fitted activewear designed for high-intensity workouts, and don't forget to pack a change of clothes for after class!4. Bring the Right GearCheck with your studio to see if they provide mats and towels. If not, bring your own. A non-slip yoga mat is key to staying steady in the heat, along with a large towel to cover your mat and a smaller one to wipe away sweat. Being prepared makes the experience much smoother.5. Arrive EarlyGive yourself extra time to adjust to the heated environment. Arriving 10-15 minutes early allows you to settle in, find your spot, and chat with the instructor. They can provide beginner-friendly guidance and help ease any nerves before your first session.6. Listen to Your BodyHot yoga can be intense, especially for beginners. Pay attention to how you're feeling, and don't hesitate to take a break if you feel overheated or lightheaded. Resting in child's pose is always an option—and most studios encourage it. There's no need to push beyond your limits.7. Focus on Your BreathBreath control is a cornerstone of yoga practice, and it's especially helpful in managing the heat. If the temperature feels overwhelming, anchor yourself with deep, steady breaths. Controlled inhalations and exhalations can help you stay calm and centered throughout the class.8. Be Patient with YourselfEvery yogi starts somewhere, and your first hot yoga class is just the beginning. It's okay if things don't go perfectly—what matters is that you showed up and tried something new. With practice, you'll build confidence, adapt to the heat, and start reaping the incredible benefits of hot yoga.Benefits of Hot YogaHot yoga is a fantastic way to enhance strength, flexibility, and mindfulness while stepping out of your comfort zone. Practicing in a heated room helps loosen muscles, allowing for deeper stretches and improved flexibility. The heat also increases your heart rate, providing a cardiovascular boost and helping to burn more calories.Additionally, hot yoga promotes detoxification by encouraging sweating, which helps flush out toxins from your body. It's also a great way to reduce stress and improve mental clarity.Remember, every class is an opportunity to learn and grow. Be kind to yourself, enjoy the process, and celebrate your progress. You've got this! Hot yoga is more than just a workout; it's an experience that combines physical fitness, mental clarity, and emotional release. As you step into a heated room filled with fellow yogis, you're not only embarking on a journey of self-discovery but also challenging your body in ways that will leave you feeling invigorated. If you're gearing up for your first hot yoga class, preparation is key to ensuring that you have a positive and fulfilling experience. This article will guide you through everything you need to know before stepping onto the mat. Understanding Hot Yoga Before you dive into your first class, it's essential to understand what hot yoga entails. Typically conducted in a heated room, hot yoga can be practiced in various styles, with Bikram and Vinyasa among the most popular. The heat helps to loosen your muscles, making it easier to stretch and enhancing your flexibility. It also promotes sweating, which can aid in detoxifying the body. However, sweating profusely can be intimidating if you're not accustomed to such conditions. That's why knowing what to expect can help ease any anxieties. Choosing the Right Studio Not all hot yoga studios are created equal. Research local studios to find one that aligns with your preferences and comfort level. Consider: Instructor Credentials: Look for studios that employ certified instructors who are experienced in teaching hot yoga. Class Offerings: Some studios may focus on specific styles of hot yoga. Check their schedule to find classes suited to beginners. Atmosphere: Visit the studio beforehand if possible. A welcoming environment can enhance your experience. Preparing Physically Your body needs to be ready for the rigors of a hot yoga class. Here are some physical preparations that can help: Hydrate Hydration is crucial before attending a hot yoga session. Aim to drink plenty of water in the days leading up to your class as well as the hours preceding it. The heat of the room will make you sweat, which depletes your body's hydration levels more quickly than usual. Eat Wisely What you eat before class can significantly affect your performance and comfort level. Ideally, consume a light snack 1-2 hours before class. Foods rich in carbohydrates and low in fat are excellent choices; think bananas, oatmeal, or yogurt. Avoid heavy meals two hours prior as they may lead to discomfort during practice. Stretch at Home Consider doing some gentle stretches or a few basic yoga poses at home before heading to class. This can help loosen up tight muscles and mentally prepare you for the poses you'll encounter during class. Dressing Appropriately Choosing the right attire is critical when it comes to hot yoga: Lightweight Fabrics Opt for breathable clothing made from moisture-wicking materials that allow sweat to evaporate quickly. Look for tank tops or fitted shirts and shorts or leggings that won't weigh you down as they soak up sweat. Bring a Towel Bringing a large towel is essential for hot yoga. You'll need it to wipe off excess sweat from your face and mat. Many studios also provide towels for rent but having your own ensures you are comfortable throughout the session. Footwear In most cases, you will not wear shoes during class; you'll practice barefoot on your mat. Make sure your feet are clean and consider bringing flip-flops or slip-on shoes for walking around outside of the practice space. Arriving Early Arriving early allows you time to acclimate to the environment: Tour the Studio If it's your first visit, take some time to familiarize yourself with the studio layout. Know where the changing rooms, bathrooms, and water stations are located. Set Up Your Space Choose a spot in the room where you feel comfortable—often toward the back or sides if you're nervous about being in front of others. Lay out your mat and towel before class begins so you're prepared when it's time to start. During Class: What to Expect On your first day, keep these tips in mind: Listen to Your Body Hot yoga can be intense, especially for beginners. Pay attention to how your body feels throughout the session. If you begin to feel dizzy or overly fatigued, don't hesitate to take a break by lying down on your mat or sitting out a few poses. Focus on Breathing Breathing is a fundamental aspect of yoga practice and becomes even more important in hot conditions. Maintain slow, controlled breaths through your nose—this will help regulate body temperature and provide oxygen while keeping you grounded. Be Mindful of Your Limits It's easy to get caught up in trying to keep up with others during class; however, everyone's journey is different. Modify poses as needed and don't be afraid to use props offered by instructors. Post-Class Care Once you've completed your first hot yoga session: Rehydrate Again After an intense session filled with sweat loss, rehydrate adequately with water or an electrolyte drink. This will replenish lost fluids and electrolytes necessary for recovery. Cool Down Gradually Give yourself time to cool down before jumping back into daily activities after class. Spend a few minutes stretching out any tight muscles while still allowing your heart rate and body temperature to normalize. Reflect on Your Experience Take some time after class to reflect on how you felt both physically and mentally throughout the session. Journaling about this can create space for personal growth and help identify areas you'd like to work on moving forward. Conclusion: Embrace the Journey Your first hot yoga class is just the beginning of what could become a transformative practice both physically and mentally. Embrace each moment—both challenging and rewarding—as part of your journey toward greater health and self-awareness. With these preparation tips in mind, you're well-equipped to tackle your first hot yoga class with confidence and enthusiasm! Allow yourself grace as you learn new techniques; every expert was once a beginner too! Remember that consistency is key; return regularly, develop your skills, stay hydrated, enjoy community spirit with fellow yogis—all while investing in yourself! Image by digboston [CC BY 2.0] Hot Yoga, an invigorating yoga practice performed in a heated room, has gained popularity for its intense physical and mental benefits. Whether you're a beginner who's just learned the foundational yoga poses or someone curious about deepening your practice beyond traditional Hatha Yoga, Hot Yoga offers a unique and challenging experience. Ensuring you have the right yoga accessories, like a hot yoga mat and non-slip yoga mat, can make all the difference in your Hot Yoga journey. Introduction to Hot Yoga Hot Yoga involves practicing a series of yoga poses in a room heated to about 95 to 105 degrees Fahrenheit. This warmth allows for deeper stretches, promotes detoxification through sweating, and increases heart rate for a more intense workout. If you've explored basic poses, as discussed in our "Best Yoga Poses for Beginners" post, you're already on the path to embracing the heat of Hot Yoga. The Benefits of Practicing Hot Yoga The benefits of Hot Yoga extend beyond increased flexibility and strength. Practicing in a heated environment enhances cardiovascular health, aids in weight loss, and improves focus and mental resilience. Remember, preparing your body and mind, as highlighted in our "What is Yoga?" article, is crucial before stepping into the heat. How to Prepare for a Hot Yoga Class Stay Hydrated Begin hydrating well before class. The heat can lead to significant sweating, making hydration key. Choose the Right Gear A quality hot yoga mat, especially a nonslip yoga mat or the best hot yoga mat designed to handle sweat, is essential. Wearing breathable, moisture-wicking clothing will also help you stay comfortable. Bring Necessary Accessories Alongside your yoga mat, consider bringing a large yoga mat towel to cover your mat, a small towel for your face, and a water bottle. Hot Yoga can be demanding, and having the best yoga mat for hot yoga, as recommended in our guide on "How to Clean a Yoga Mat", can significantly enhance your practice. What to Expect in Your First Hot Yoga Class Expect to sweat a lot and possibly feel lightheaded or dizzy during your first few classes. It's normal as your body adjusts to the heat. Focus on your breath, take breaks when needed, and remember the yoga studio is a judgment-free zone. Your endurance and tolerance to heat will improve with practice. Conclusion Hot Yoga is a transformative practice that challenges the body and mind in new and exciting ways. Whether you're transitioning from Hatha Yoga, looking to deepen your practice, or simply curious after mastering the basics with the help of our "Best Yoga Poses for Beginners" guide, Hot Yoga offers an opportunity for growth. Ready to embark on this heated journey? Ensure you're well-equipped with the best yoga mat and accessories designed for Hot Yoga's unique demands.Discover the perfect Hot Yoga essentials for your practice in this 10-in-One Bundle For Yoga, Hot Yoga, and Pilates Accessories. How to prepare for your first hot yoga class like a pro? It's important to be prepared both mentally and physically to withstand the demanding nature of the class. In order to have the greatest experience possible and provide answers to the question as in how to prepare for hot yoga class, there are a few essential things you must do in order to get ready for it. Get ready to sweat your way to a fitter you with hot yoga! To conquer this intense and invigorating practice, follow these essential tips: hydrate like a boss, choose lightweight and breathable attire, bring a non-slip mat, pack a towel, fuel up with a light meal, and embrace the heat with an open mind. Get your yoga glow on! Before joining such yoga classes every individual might have a very common question in their mind i.e., how to prepare for my first hot yoga class? In order to know more about it, let us read on to find out in a detailed manner as in how to prepare for a hot yoga class? So let us first know a little more about what hot yoga is, how it is different from bikram yoga, is it safe for beginners, its advantages and disadvantages. Hot yoga, also known as Bikram yoga, is a style of yoga that is practiced in a heated room, typically set to a temperature of around 105 degrees Fahrenheit (40.5 degrees Celsius) with a humidity of around 40%. The heat is intended to help practitioners deepen their stretches, increase flexibility, and release toxins from the body through sweating. Hot yoga typically involves a set sequence of 26 poses and two breathing exercises, performed in a specific order, which lasts around 90 minutes. The practice was developed by Bikram Choudhury in the 1970s and has since become popular worldwide. The practice of hot yoga is said to offer a range of benefits for the mind and body. The heat is believed to increase blood flow and circulation, which can help to improve cardiovascular health and boost metabolism. The humidity in the room is also believed to help moisturize the skin and promote detoxification through sweating. In addition to physical benefits, hot yoga is said to offer mental and emotional benefits as well. The practice can help to reduce stress and anxiety, improve concentration and focus, and promote a sense of well-being and inner peace. However, it's important to note that hot yoga can also pose some risks, particularly for individuals with certain medical conditions or for those who are not accustomed to exercising in high temperatures. It's important to talk to your doctor before starting a hot yoga practice, and to listen to your body and take breaks as needed during class. Overall, hot yoga can be a challenging yet rewarding practice for those who are interested in exploring the mind-body benefits of yoga in a heated environment. Here's a table highlighting key differences between Bikram yoga and hot yoga, along with the parameters to compare. ParametersBikram YogaHot YogaOriginDeveloped by Bikram Choudhury in the 1970sA broader term that encompasses various stylesSequence of PosesConsists of a fixed series of 26 posesOffers more flexibility in pose selectionRoom TemperatureMaintained at a constant 40°C (105°F)Can vary between studios, typically around 35-40°CHumidityModerate humidity levelHumidity levels may varyFocus on Breath and AlignmentEmphasizes specific breathing techniquesFocuses on breath, alignment, and individual needsTraditional vs. VariationStrict adherence to the original Bikram sequenceAllows for modifications and creative variations Besides the question of how to prepare for the first hot yoga class, it is also important to know that it is safe for beginners. Beginners can practise hot yoga safely. As with any physical activity, it's crucial to evaluate your general health and, in some situations, get advice from your doctor before starting a new routine. Hot yoga may not be appropriate for novices since some people with particular diseases (like multiple sclerosis) may find that the heat inflicted during the practice brings on symptoms. Hot yoga studios frequently have special beginner-level classes available. These classes might move more slowly. In order to assist you in becoming accustomed to the new and sometimes unfamiliar motions, the instructor may frequently spend more time explaining and showing how to enter and exit the poses. While the poses themselves might be well-known to some, the adding of heat to the yoga practice might be new. In this situation, speak with the instructor and explain that you have practised yoga but are unfamiliar with hot yoga. The instructor might offer special advice to assist you in adjusting to the heat of the room or advise you that it's acceptable to take breaks more frequently than you would be accustomed to in more standard yoga programmes. Beginner status can be intimidating, but it can also be energising, so cherish these times. Your enthusiasm for yoga may be rekindled and you may have something to look forward to when you try something new. Hot yoga has grown in popularity in recent years because of all of its potential health advantages. The following are some advantages associated with hot yoga: Encourages flexibility: Hot yoga uses heat to assist the muscles warm up and become more flexible. Your range of motion and flexibility may improve as a result, making yoga poses and other physical exercises simpler to complete. Detoxification of the body: The body detoxifies naturally through sweating. Sweating a lot during hot yoga might assist your body rid itself of toxins and impurities because of the heat and humidity present. Increases cardiovascular fitness: Hot yoga can give cardiovascular exercise, boosting circulation and heart health thanks to its heat and rigour. As a result, there may be a lower risk of heart disease and other cardiovascular diseases. Reduces tension and stress: Yoga has long been recognised for its capacity to reduce stress, and hot yoga is no different. Deep breathing, meditation, and exercise all work together to help quiet the mind and lessen tension and anxiety. Increases endurance: Hot yoga's extreme heat and strenuous physical requirements might gradually help you have more endurance and stamina. This may make it simpler to engage in other physical activities like cycling or jogging. Promotes weight loss: Hot yoga can be a great way to burn calories and lose weight. The heat and intensity of the practice can cause you to burn more calories than traditional yoga, helping to promote weight loss and improve body composition. Improves balance and coordination: Hot yoga often includes challenging balancing poses that can help to improve your balance and coordination. This can be especially beneficial for older adults who may be at a higher risk of falls and other balance-related injuries. Builds strength: Hot yoga can be an effective way to build strength and muscle tone. The heat and intensity of the practice can help to activate and strengthen your muscles, leading to improved strength and endurance. Even while there are benefits to hot yoga, it's crucial to be aware of potential drawbacks or whether hot yoga makes you sick. The following are some disadvantages of hot yoga: Risk of dehydration: Hot yoga classes have high temperatures and humidity levels, which can cause excessive perspiration and a higher risk of dehydration. To be properly hydrated, it's important to drink plenty of water before, during, and after class. Excessive exertion and injury: Hot yoga's heat and intensity can make people overexert themselves, especially newcomers or those who push themselves too hard. The likelihood of muscle sprains, strains, and other yoga-related injuries can rise as a result. It's crucial to pay attention to your body, take intervals when necessary, and refrain from forcing yourself into postures that are uncomfortable for you. Cardiovascular stress: Due to the mix of high physical activity and the heat, hot yoga can impose additional stress on the cardiovascular system. Before doing hot yoga, people with heart ailments, high blood pressure, or other cardiovascular problems should speak with their doctor. Heat stroke or heat fatigue risk: Hot yoga courses can potentially cause heat-related ailments including heat exhaustion or heat stroke due to the intense heat. Dizziness, nausea, headaches, a quick heartbeat, and confusion are possible symptoms. It's crucial to be aware of these symptoms and act quickly if they appear, such as quitting the class, going somewhere cooler, and consuming plenty of water. Not appropriate for everyone: Not everyone should practise hot yoga, especially those with certain sensitivities or medical issues. Hot yoga should be avoided by expectant mothers, those with respiratory conditions like asthma, and anyone who is sensitive to heat. These people should also talk to their doctor before trying it. Hygiene problems: In hot yoga courses, the heat and perspiration can foster an environment where bacteria and fungi can flourish. It's crucial to maintain excellent hygiene, so remember to bring your own mat, towel, and water bottle. You should also clean your equipment using antibacterial wipes. Difficulty in focusing: The heat and discomfort in a hot yoga class can make it challenging to focus on proper alignment and breathing. It's important to find a balance between pushing yourself and maintaining mindfulness to avoid potential injuries. It's important to approach hot yoga with caution, especially if you're new to yoga or have any underlying health conditions. Consider starting with a beginner-level class, staying properly hydrated, and listening to your body's limits. The first hot yoga class you attend can be a little intimidating. Here is a guide on how to get ready for and what you should anticipate from your first hot yoga class to help you make the most of the experience. Be hydrated when you arrive! The very first question that arises is how to prepare for a hot yoga class in the morning? Prior to your first lesson, make sure you are getting enough water throughout the day. Start drinking water the night before if you have an early morning lesson. The 80 to 105 degree room is considerably more tolerable since a hydrated body can expel heat more effectively. You won't want to leave the room throughout class, and many of the poses are intended to stretch and compress the internal organs, so consider what it could feel like to have a full bladder. Be careful not to drink too much in the hour or so before class, though. Eat light, healthful meals throughout the day leading up to the class, avoiding eating at least two hours prior. When attempting to "compress the abdominal wall, compress the abdominal muscles," you'll regret eating that enormous bowl of pasta covered in alfredo sauce. A yoga mat, towel, and water bottle are required. If you don't have one, you can rent a yoga mat and towel from the studio. One towel for their mat and one for oneself is preferred by some people. Plan properly as your clothes will be covered in perspiration by the end of class. Bring an alternate pair of clothes and some extra clothing if it's freezing outdoors; after a hot yoga practice, the weather will feel even colder. Showers are typically available at studios, so you can prepare to take a shower before leaving. Avoid donning large trousers and baggy apparel because you will perspire and they will become heavy. Select clothing that won't restrict your movement and will still feel cosy even after getting sweaty. For women, tight shorts with a tank top or sports bra will do, while for men, casual shorts will do. Also, don't wear cologne or perfume! Nobody wants to fill their lungs with an overpowering chemical-laden aroma before beginning a hot yoga practice with deep breathing movements. There will be some quick paperwork for you to complete, and this is a fantastic opportunity to ask the teacher any questions you might have. Avoid being late; studios frequently shut their doors at the start of class, causing you to miss the lesson. And even if they don't lock their doors, having a student arrive late is disruptive. Additionally, you must attend the entire class in order to benefit fully from it. It warms up. The positions are difficult. Be aware of your body. Sit down on your mat with your posture straight back, eyes wide open, and inhale if you feel like you need a break. In lieu of a child's pose or savasana, we advise you to unwind while seated. This will give your lungs room to breathe and enable you to keep up with the other students through observation. Remain focused on your own practice The entire potential of our yoga practice can only be realised via interior focus. Stay in savasana for at least a few minutes after class. You get to enjoy the results of all your labour throughout practise here. Seize the opportunity to unwind and simply be. Nobody gives a damn if you "suck." Yoga doesn't care if you're strong or flexible. Instead, it concerns your focus. While a peaceful mind in an "easy" stance is practising like an accomplished student, a fragmented mind in a "difficult" pose is practising like a beginner. Regardless of the poses, practising with deep, calm focus is advanced yoga. So, when moving, pay close attention to your breathing and your body's interior sensations. Also keep in mind that all mental restrictions are created before any physical restrictions. You'll never be able to perform a position if you believe you'll never be able to. If you make a commitment to learning a posture, you will eventually master it. The effort is the same regardless of whether you tell yourself you can or you can't. You'll probably feel fantastic Many claim to feel at ease, in their element, and refreshed. You just did something amazing for yourself! You have stretched your internal organs, strengthened every muscle, relieved stress in every muscle, and created a compression effect around each organ, allowing your body to cure each organ by supplying it with newly oxygenated blood. You've also stretched your muscles, joints, and ligaments, sweated a lot, which helps your body detoxify. Wow! Drink plenty of water all day long, and eat something simple before class. Bring a towel and an extra set of clothes, and dress in breathable, moisture-wicking apparel. To give yourself enough time to set up your mat and get used to the heat, try to arrive at least 10-15 minutes before your session. It's recommended to bring your own mat for hygiene reasons. Check with the studio if they provide mats or if you need to bring your own. Bring a water bottle, a towel to wipe off sweat, and a change of clothes for after the class. Some people also bring a small towel to place on their mat for better grip. In order to avoid feeling ill at ease during practice, it is essential to eat a small breakfast a few hours before your session. Digestive problems may result from large meals. To stay hydrated, consume plenty of water throughout the day before your lesson. Prior to the class, try to consume at least 16 to 20 ounces (480 to 600 ml) of water. Listen to your body and don't push yourself beyond your limits. Stay hydrated, take breaks when needed, and inform your instructor if you have any pre-existing health conditions. After class, cool down gradually by sitting or lying down in a comfortable position. Drink water to replenish fluids, and take a refreshing shower to regulate your body temperature. Here is a table which depicts the variation in the room temperature. Basic yoga Hot yogaAverage Workout HR (bpm) 103 ± 9.7105 ± 9.0Average Core Temperature (˚F) 99.3 ± 0.3899.7 ± 0.32Average Room Temperature (˚F) 70.8 ± 3.4492.7 ± 1.81Session RPE 12.3 ± 0.5713.6 ± 0.50Average Humidity (%) 32 ± 5.935 ± 2.0% Maximal HR 56 ± 5.057 ± 5.6 Beginners may benefit from hot yoga, but it's important to pay attention to your body, take pauses as needed, and alter poses as needed. Build your stamina gradually by beginning in a class that is appropriate for beginners. In a warm setting, you can anticipate a difficult, sweat-inducing practice. Your muscles will become more flexible, warm up, and perspiration will aid with cleansing. In conclusion, preparing for hot yoga involves several key steps to ensure a safe and enjoyable experience. Stay hydrated, eat a light meal, dress appropriately, and arrive early to acclimate to the heat. Bringing a towel, water bottle, and a change of clothes is essential. Remember to listen to your body, take breaks when needed, and cool down properly after class. Looking for the Top Things to Know Before Trying Hot Yoga for the First Time? Truth be told, I did not do any research before my first hot yoga class four years ago. Instead, I walked in praying I would not melt, pass out, or slap my sister for dragging me to what would be the sweatiest hour of my life. Before you try the steamy practice, here is what you need to know. Calling all hot yoga beginners! Before your first class, read over the best tips for beginners in hot yoga. Accept the inevitable – you will sweat. If you're attending an actual hot yoga class – not a warm class – then expect to be sweaty. Dress appropriately. Avoid baggy clothes as they can weigh you down once wet. I prefer breathable, moisture-wicking leggings and a sports bra, while others prefer bike shorts. No socks necessary. Bring the right gear. A yoga mat with good grip, a towel for your mat, a hand towel for your sweat, and a water bottle. If you don't own a yoga mat many studios will rent one out for a small fee. HYDRATE! Drink plenty of water before, during, and after class to replenish fluids lost during your session. Coconut water or an electrolyte drink can also help restore balance. Don't Be a Show Off. Start Slowly. If you're new to hot yoga, take it easy at first. Don't push yourself too hard, and don't try to match others in the class. Even if you are a seasoned yogi, your body may need time to adjust to the heat. Avoid eating right before class. I highly recommend fueling your body with a protein 1.5 – 2 hours before class, but never right before. There is nothing worse than feeling a meal creep into your throat while in downward dog. Talk to the instructor before class. Don't be scared! Ask about the class so you know what to expect. If you have any pre-existing conditions or concerns, let the instructor know before the class starts. They can offer modifications or tips to ensure your safety during the session. Put your phone away. Focus on your mind, body, and the practice. By following these tips and preparing properly, you can enjoy the many benefits hot yoga has to offer while minimizing risks. Enjoy your practice! My essentials for a hot yoga class are a yoga mat with good grip, a hand towel for your sweat, and a water bottle. The Liforme yoga mat is a must-have for seasoned yogis, but not required. Any yoga mat with a good grip and evn a yoga towel will be great for your first yoga class. I have tried many different clothing brands for hot yoga class and my favorite is always the Lululemon Align collection. The Align fabric absorbs my sweat while holding my body in place where as other brands are uncomfortable or not as moisture-wicking. You may feel overwhelmed by the heat during your first class, but your body will adjust with practice. You may feel different after class. Not only is hot yoga detoxifying, but it is also a rush of endorphins. You may feel sore the day after hot yoga. This is normal and a sign that your muscles are working hard to adapt. To ease muscle soreness, engage in gentle stretching or take a few minutes of rest. You may want to come back again… and again. If you haven't read "My First Hot Yoga Class Changed My Life" yet, just know it may change your life too. The practice of hot yoga has become essential for managing my anxiety and stress, as well as enhancing my mental and physical health. , the free encyclopedia that anyone can edit. 117,922 active editors 6,999,452 articles in English The first UK Phantom on a test flight in 1968 From 1968 to 1992, the United Kingdom used the McDonnell Douglas F-4 Phantom II as one of its principal combat aircraft. The Phantom was procured to serve in both the Royal Navy's Fleet Air Arm and the Royal Air Force (RAF) in several different roles. Most Phantoms operated by the UK were built as a special batch containing a significant amount of British technology. Two variants were initially built: the F-4K was a carrier-based air-defence interceptor for the Fleet Air Arm, while the F-4M was initially used by the RAF for tactical strike and reconnaissance, before transitioning to an air defence role in the 1970s. In the mid-1980s, a third Phantom variant was obtained when fifteen former US Navy F-4J aircraft were purchased to augment the UK's air defences. Although the Fleet Air Arm ceased using the Phantom in 1978, the RAF retained it until 1992, when it was withdrawn as part of a series of post-Cold War defence cuts. (Full article...) Recently featured: Transportation during the 2024 Summer Olympics and Paralympics Rhine campaign of 1796 Chinese characters Archive By email More featured articles About The aftermath of the Kirkby train crash ... that the train driver in the Kirkby train crash (pictured) was found to have been using his mobile phone before the collision? ... that a tour promoting the EP For Your Validation sold out in ten minutes? ... that despite being named in college as the best at his position in the U.S., football player Buster Maddox only appeared in one NFL game? ... that the Doctor Who episode "Lux" is set in Miami, Florida, despite being filmed in Penarth, Wales? ... that Jean-Mohammed Abd-el-Jalil, a Moroccan Franciscan friar, was permitted by the Pope to keep "Muhammad" as his baptismal name? ... that Robert Mugabe's motorcade was known for speeding and killing people? ... that Elizabeth Holtzman's opponent ran an ad saying "maybe I'd like to have her as a daughter, but not as a DA" before her election as the first female Brooklyn District Attorney? ... that fighter pilot Morton D. Magoffin made pilots in his group sprint around an airfield for not saluting him? Archive Start a new article Nominate an article Nicuşor Dan Author Banu Mushtaq and translator Deepa Bhasthi win the International Booker Prize for Heart Lamp: Selected Stories. Nicuşor Dan (pictured) is elected as president of Romania. In the Portuguese legislative election, the Democratic Alliance wins the most seats in parliament. Austria, represented by JJ with the song "Wasted Love", wins the Eurovision Song Contest. A tornado outbreak leaves at least 27 people dead in the Midwestern and Southeastern United States. Ongoing: Gaza war M23 campaign Russian invasion of Ukraine timeline Sudanese civil war timeline Recent deaths: Jim Irsay Yury Grigorovich Yuri Vladimirov Colton Ford Werenoi Benjamin Ritchie Nominate an article May 27 Manchu Prince Dorgon 1644 – Manchu regent Dorgon (depicted) defeated rebel leader Li Zicheng of the Shun dynasty at the Battle of Shanhai Pass, allowing the Manchus to enter and conquer the capital city of Beijing. 1799 – War of the Second Coalition: Austrian forces defeated the French Army of the Danube, capturing the strategically important Swiss town of Winterthur. 1954 – The security clearance of American nuclear physicist J. Robert Oppenheimer, head of Project Y, was revoked. 1967 – Australians voted overwhelmingly to include Indigenous Australians in population counts for constitutional purposes and to allow the federal government to make special laws affecting them in states. 1997 – A destructive F5-rated tornado tracked through a subdivision of homes northwest of Jarrell, Texas, killing 27 people. Diego Ramírez de Arellano (d. 1624)Julia Ward Howe (b. 1819)Cilla Black (b. 1943)Gérard Jean-Juste (d. 2009) More anniversaries: May 26 May 27 May 28 Archive By email List of days of the year About Anemonoides blanda, the Balkan anemone, Grecian windflower, or winter windflower, is a species of flowering plant in the family Ranunculaceae. The species is native to southeast Europe and the Middle East. It grows up to 10 to 15 centimetres (4 to 6 inches) tall and is valued for its daisy-like flowers, which appear in early spring, a time when little else is in flower. The flowers are found in various colors and are radially symmetrical, containing seven or more sepals and petals. This purple A. blanda flower was photographed in Bamberg, Germany. Photograph credit: Reinhold Möller Recently featured: Bluespotted ribbontail ray Black Lives Matter art Germanicus Archive More featured pictures Community portal – The central hub for editors, with resources, links, tasks, and announcements. Village pump – Forum for discussions about Wikipedia itself, including policies and technical issues. Site news – Sources of news about Wikipedia and the broader Wikimedia movement. Teahouse – Ask basic questions about using or editing Wikipedia. Help desk – Ask questions about using or editing Wikipedia. Reference desk – Ask research questions about encyclopedic topics. Content portals – A unique way to navigate the encyclopedia. Wikipedia is written by volunteer editors and hosted by the Wikimedia Foundation, a non-profit organization that also hosts a range of other volunteer projects: CommonsFree media repository MediaWikiWiki software development Meta-WikiWikimedia project coordination WikibooksFree textbooks and manuals WikidataFree knowledge base WikinewsFree-content news WikiquoteCollection of quotations WikisourceFree-content library WikispeciesDirectory of species WikiversityFree learning tools WikivoyageFree travel guide WiktionaryDictionary and thesaurus This Wikipedia is written in English. Many other Wikipedias are available; some of the largest are listed below. 1,000,000+ articles العربية Deutsch Español فارسی Français Italiano Nederlands 日本語 Polski Português Русский Svenska Українська Tiếng Việt 中文 250,000+ articles Bahasa Indonesia Bahasa Melayu Bân-lâm-gú Български Català Čeština Dansk Eesti Ελληνικά Esperanto Euskara עברית Հայերեն Magyar Norsk bokmål Română Simple English Slovenčina Srpski Srpskohrvatski Suomi Türkçe O'zbekcha 50,000+ articles Asturianu Azərbaycanca [illegible] Bosanski کوردی Frysk Gaeilge Galego Hrvatski ქართული Kurdî Latviešu Lietuvių [illegible] Македонски [illegible] Norsk nynorsk [illegible] Shqip Slovenščina [illegible] اردو Retrieved from " 2 This article needs additional citations for verification. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed.Find sources: "1644" – news · newspapers · books · scholar · JSTOR (August 2016) (Learn how and when to remove this message) Calendar year Years Millennium 2nd millennium Centuries 16th century 17th century 17th century Decades 1620s 1630s 1640s 1650s 1660s Years 1641 1642 1643 1644 1645 1646 1647 vte July 1: The Battle of Colberger Heide is fought between Sweden and Denmark-Norway off of the German coast. July 2: Parliament wins control of northern England from King Charles in the Battle of Marston Moor. 1644 by topic Arts and science Architecture Art Literature Music Science Leaders State leaders Colonial governors Religious leaders Birth and death categories Births – Deaths Establishments and disestablishments categories Establishments – Disestablishments Works category Works vte 1644 in various calendarsGregorian calendar1644MDCXLIVAb urbe condita2397Armenian calendar1093ԹՎ ՌՂԳAssyrian calendar6394Balinese saka calendar1565–1566Bengali calendar1050–1051Berber calendar2594English Regnal year19 Cha. 1 – 20 Cha. 1Buddhist calendar2188Burmese calendar1006Byzantine calendar7152–7153Chinese calendar癸未年 (Water Goat)4341 or 4134 — to —甲申年 (Wood Monkey)4342 or 4135Coptic calendar1360–1361Discordian calendar2810Ethiopian calendar1636–1637Hebrew calendar5404–5405Hindu calendars - Vikram Samvat1700–1701 - Shaka Samvat1565–1566 - Kali Yuga4744–4745Holocene calendar11644Igbo calendar644–645Iranian calendar1022–1023Islamic calendar1053–1054Japanese calendarKan'ei 21 / Shōhō 1(正保元年)Javanese calendar1565–1566Julian calendarGregorian minus 10 daysKorean calendar3977Minguo calendar268 before ROC民前268年Nanakshahi calendar176Thai solar calendar2186–2187Tibetan calendar阴水羊年(female Water-Goat)1770 or 1389 or 617 — to —阳木猴年(male Wood-Monkey)1771 or 1390 or 618 1644 (MDCXLIV) was a leap year starting on Friday of the Gregorian calendar and a leap year starting on Monday of the Julian calendar, the 1644th year of the Common Era (CE) and Anno Domini (AD) designations, the 644th year of the 2nd millennium, the 44th year of the 17th century, and the 5th year of the 1640s decade. As of the start of 1644, the Gregorian calendar was 10 days ahead of the Julian calendar, which remained in localized use until 1923. Calendar year It is one of eight years (CE) to contain each Roman numeral once (1000(M)+500(D)+100(C)+(-10(X)+50(L))+(-1(I)+5(V)) = 1644). Kolumna Zygmunta erected. January 22 – The Royalist Oxford Parliament is first assembled by King Charles I of England.[1] January 26 – First English Civil War: Battle of Nantwich – The Parliamentarians defeat the Royalists, allowing them to end the 6-week siege of the Cheshire town.[2] January 30 Dutch explorer Abel Tasman departs from Batavia in the Dutch East Indies (modern-day Jakarta in Indonesia) on his second major expedition for the Dutch East India Company, to map the north coast of Australia. Tasman commands three ships, Limmen, Zeemeeuw and Braek, and returns to Batavia at the beginning of August with no major discoveries. Battle of Ochmatów: Polish–Lithuanian Commonwealth forces under hetman Stanisław Koniecpolski secure a substantial victory over the horde of Crimean Tatars under Tugay Bey. February 5 – The first livestock branding law in America is passed in Connecticut.[3] March 24 – Roger Williams is granted an official grant for his Rhode Island Colony from the Parliament of England, allowing the establishment of a general assembly. April 18 – Opchanacanough leads the Powhatan Indians in an unsuccessful uprising against the English at Jamestown. Although 300 of the English colonists are slain, the settlers pursue Opchanacanough, who is imprisoned in Jamestown for the rest of his life.[4] This is the last such Indian rebellion in the region. April 25 – A popular Chinese rebellion led by Li Zicheng sacks Beijing, prompting Chongzhen, the last emperor of the Ming dynasty, to commit suicide. May 6 – Johan Mauritius resigns as Governor of Brazil.[3] May 25 – Ming general Wu Sangui forms an alliance with the invading Manchus and opens the gates of the Great Wall of China at Shanhaiguan Pass, letting the Manchus through towards the capital Beijing. May 26 – Battle of Montijo: The Kingdom of Portugal is victorious over Habsburg Spain, in the first major action between the two nations during the Portuguese Restoration War. May 27 – Battle of Shanhai Pass: The Manchu Qing dynasty and Wu Sangui gain a decisive victory over Li Zicheng's Shun dynasty. June 3 – Li Zicheng proclaims himself emperor of China. June 6 – The invading Qing army, with the help of Ming general Wu Sangui, captures Beijing in China, marking the beginning of Manchu rule over China proper. June 11 – During the English Civil War, Prince Rupert and his men take Liverpool Castle.[5] Liverpool is later reclaimed by Sir John Moore. July 1 – Torstenson War: Battle of Colberger Heide – The Dano-Norwegian and Swedish fleets fight a naval battle off the coast of Schleswig-Holstein. The battle is indecisive but represents a minor success for the Dano-Norwegian fleet. July 2 – English Civil War: Battle of Marston Moor – The Parliamentarians crush the Royalists in Yorkshire, ending Charles I's hold on the north of England.[6] September 1 – English Civil War: Battle of Tippermuir – Montrose defeats Lord Elcho's Covenanters, reviving the Royalist cause in Scotland. September 2 – English Civil War: Second Battle of Lostwithiel (in Cornwall) – Charles I and the Royalists gain their last major victory.[7] September 15 – Pope Innocent X succeeds Pope Urban VIII, becoming the 236th pope.[8] October 1 – The Jews of Mogilev, Polish–Lithuanian Commonwealth, are attacked during Tashlikh. November 8 – The Shunzhi Emperor, the second emperor of the Qing dynasty, is enthroned in Beijing after the collapse of the Ming dynasty as the first Qing emperor to rule over China proper. November 23 Battle of Jüterbog (December 3 New Style): Sweden's forces defeat those of the Holy Roman Empire. Areopagitica, an appeal for freedom of speech written by John Milton, is published in London. November – The Castle of Elvas in Portugal resists a 9-day siege by the Spanish during the Portuguese Restoration War. December 8 (December 18 New Style) – As Christina comes of age, she is made ruling queen of Sweden. December – Bubonic plague breaks out in Edinburgh (Scotland). A Spanish officer is murdered in St. Dominic's Church, Macau during mass by colonists loyal to Portugal during the Portuguese Restoration War. Sigismund's Column is erected in Warsaw to comm

emerged from it as a unified nation under Toyotomi Hideyoshi. China was ruled by the Ming dynasty, which was becoming increasingly isolationist, coming into conflict with Japan over the control of Korea as well as Japanese pirates. In Africa, Christianity had begun to spread in Central Africa and Southern Africa. Until the Scramble for Africa in the late 19th century, most of Africa was left uncolonized. For timelines of earlier events, see 15th century and Timeline of the Middle Ages. Mona Lisa, by Leonardo da Vinci, c. 1503–1506, one of the world's best-known paintings 1501: Michelangelo returns to his native Florence to begin work on the statue David. 1501: Safavid dynasty reunifies Iran and rules over it until 1736. Safavids adopt a Shia branch of Islam.[5] 1501: First Battle of Cannanore between the Third Portuguese Armada and Kingdom of Cochin under João da Nova and Zamorin of Kozhikode's navy marks the beginning of Portuguese conflicts in the Indian Ocean. 1502: First reported African slaves in the New World 1502: The Crimean Khanate sacks Sarai in the Golden Horde, ending its existence. 1503: Spain defeats France at the Battle of Cerignola. Considered to be the first battle in history won by gunpowder small arms. 1503: Leonardo da Vinci begins painting the Mona Lisa and completes it three years later. 1503: Nostradamus is born on either December 14 or December 21. 1504: A period of drought, with famine in all of Spain. 1504: Death of Isabella I of Castile; Joanna of Castile becomes the Queen. 1504: Foundation of the Sultanate of Sennar by Amara Dunqas, in what is modern Sudan 1505: Zhengde Emperor ascends the throne of Ming dynasty. 1505: Martin Luther enters St. Augustine's Monastery at Erfurt, Germany, on 17 July and begins his journey to instigating the Reformation. 1505: Sultan Trenggono builds the first Muslim kingdom in Java, called Demak, in Indonesia. Many other small kingdoms were established in other islands to fight against Portuguese. Each kingdom introduced local language as a way of communication and unity. 1506: Leonardo da Vinci completes the Mona Lisa. 1506: King Afonso I of Kongo wins the battle of Mbanza Kongo, resulting in Catholicism becoming Kongo's state religion.Battle of Cerignola: El Gran Capitan finds the corpse of Louis d'Armagnac, Duke of Nemours 1506: At least two thousand converted Jews are massacred in a Lisbon riot, Portugal. 1506: Christopher Columbus dies in Valladolid, Spain. 1506: Poland is invaded by Tatars from the Crimean Khanate. 1507: The first recorded epidemic of smallpox in the New World on the island of Hispaniola. It devastates the native Taíno population.[6] 1507: Afonso de Albuquerque conquered Hormuz and Muscat, among other bases in the Persian Gulf, taking control of the region at the entrance of the Gulf. 1508: The Christian-Islamic power struggle in Europe and West Asia spills over into the Indian Ocean as Battle of Chaul during the Portuguese-Mamluk War 1508–1512: Michelangelo paints the Sistine Chapel ceiling. 1509: The defeat of joint fleet of the Sultan of Gujarat, the Mamlûk Burji Sultanate of Egypt, and the Zamorin of Calicut with support of the Republic of Venice and the Ottoman Empire in Battle of Diu marks the beginning of Portuguese dominance of the Spice trade and the Indian Ocean. 1509: The Portuguese king sends Diogo Lopes de Sequeira to find Malacca, the eastern terminus of Asian trade. After initially receiving Sequeira, Sultan Mahmud Shah captures and/or kills several of his men and attempts an assault on the four Portuguese ships, which escape.[7] The Javanese fleet is also destroyed in Malacca. 1509: Krishnadevaraya ascends the throne of Vijayanagara Empire. Afonso de Albuquerque 1509–1510: The 'great plague' in various parts of Tudor England.[8] 1510: Afonso de Albuquerque of Portugal conquers Goa in India. 1511: Afonso de Albuquerque of Portugal conquers Malacca, the capital of the Sultanate of Malacca in present-day Malaysia. 1512: Copernicus writes Commentariolus, and proclaims the Sun the center of the Solar System. 1512: The southern part (historical core) of the Kingdom of Navarre is invaded by Castile and Aragon. 1512: Qutb Shahi dynasty, founded by Quli Qutb Mulk, rules Golconda Sultanate until 1687. 1512: The first Portuguese exploratory expedition was sent eastward from Malacca (in present-day Malaysia) to search for the 'Spice Islands' (Maluku) led by Francisco Serrão. Serrão is shipwrecked but struggles on to Hitu (northern Ambon) and wins the favour of the local rulers.[9] 1513: Machiavelli writes The Prince, a treatise about political philosophy 1513: The Portuguese mariner Jorge Álvares lands at Macau, China, during the Ming dynasty. 1513: Henry VIII defeats the French at the Battle of the Spurs. 1513: The Battle of Flodden Field in which invading Scots are defeated by Henry VIII's forces. 1513: Sultan Selim I ("The Grim") orders the massacre of Shia Muslims in Anatolia (present-day Turkey). 1513: Vasco Núñez de Balboa, in service of Spain arrives at the Pacific Ocean (which he called Mar del Sur) across the Isthmus of Panama. He was the first European to do so. 1514: The Battle of Orsha halts Muscovy's expansion into Eastern Europe. 1514: Dózsa rebellion (peasant revolt) in Hungary.Martin Luther initiated the Reformation with his Ninety-five Theses in 1517. 1514: The Battle of Chaldiran, the Ottoman Empire gains decisive victory against Safavid dynasty. 1515: Ascension of Francis I of France as King of France following the death of Louis XII. 1515: The Ottoman Empire wrests Eastern Anatolia from the Safavids after the Battle of Chaldiran. 1515: The Ottomans conquer the last beyliks of Anatolia, the Dulkadirs and the Ramadanids. 1516–1517: The Ottomans defeat the Mamluks and gain control of Egypt, Arabia, and the Levant. 1517: The Sweating sickness epidemic in Tudor England.[10] 1517: The Reformation begins when Martin Luther posts his Ninety-five Theses in Saxony. 1518: The Treaty of London was a non-aggression pact between the major European nations. The signatories were Burgundy, France, England, the Holy Roman Empire, the Netherlands, the Papal States and Spain, all of whom agreed not to attack one another and to come to the aid of any that were under attack. 1518: Mir Chakar Khan Rind leaves Baluchistan and settles in Punjab. 1518: Leo Africanus, also known as al-Hasan ibn Muhammad al-Wazzan al-Fasi, an Andalusian Berber diplomat who is best known for his book Descrittione dell'Africa (Description of Africa), is captured by Spanish pirates; he is taken to Rome and presented to Pope Leo X. 1518: The dancing plague of 1518 begins in Strasbourg, lasting for about one month. 1519: Leonardo da Vinci dies of natural causes on May 2.Europe at the time of the accession of Charles V in 1519 1519: Wang Yangming, the Chinese philosopher and governor of Jiangxi province, describes his intent to use the firepower of the fo-lang-ji, a breech-loading Portuguese culverin, in order to suppress the rebellion of Prince Zhu Chenhao. 1519: Barbary pirates led by Hayreddin Barbarossa, a Turk appointed to ruling position in Algiers by the Ottoman Empire, raid Provence and Toulon in southern France. 1519: Death of Emperor Maximilian; Charles I of Austria, Spain, and the Low Countries becomes Emperor of Holy Roman Empire as Charles V, Holy Roman Emperor (ruled until 1556). 1519–1522: Spanish expedition commanded by Magellan and Elcano are the first to Circumnavigate the Earth. 1519–1521: Hernán Cortés leads the Spanish conquest of the Aztec Empire. Ferdinand Magellan led the first expedition that circumnavigated the globe in 1519–1522. 1520–1566: The reign of Suleiman the Magnificent marks the zenith of the Ottoman Empire. 1520: The first European diplomatic mission to Ethiopia, sent by the Portuguese, arrives at Massawa 9 April, and reaches the imperial encampment of Emperor Dawit II in Shewa 9 October. 1520: Vijayanagara Empire forces under Krishnadevaraya defeat the Adil Shahi under at the Battle of Raichur 1520: Sultan Ali Mughayat Shah of Aceh begins an expansionist campaign capturing Daya on the west Sumatran coast (in present-day Indonesia), and the pepper and gold producing lands on the east coast. 1520: The Portuguese established a trading post in the village of Lamakera on the eastern side of Solor (in present-day Indonesia) as a transit harbour between Maluku and Malacca. 1521: Belgrade (in present-day Serbia) is captured by the Ottoman Empire. 1521: After building fortifications at Tuen Mun, the Portuguese attempt to invade Ming dynasty China, but are expelled by Chinese naval forces. 1521: Philippines encountered by Ferdinand Magellan. He was later killed in the Battle of Mactan in central Philippines in the same year. 1521: Jiajing Emperor ascended the throne of Ming dynasty, China. 1521: November, Ferdinand Magellan's expedition reaches Maluku (in present-day Indonesia) and after trade with Ternate returns to Europe with a load of cloves. 1521: Pati Unus leads the invasion of Malacca (in present-day Malaysia) against the Portuguese occupation. Pati Unus was killed in this battle, and was succeeded by his brother, sultan Trenggana. 1522: Rhodes falls to the Ottomans of Suleiman the Magnificent.[11]Sack of Rome of 1527 by Charles V's forces (painting by Johannes Lingelbach) 1522: The Portuguese ally themselves with the rulers of Ternate (in present-day Indonesia) and begin construction of a fort.[9] 1522: August, Luso-Sundanese Treaty signed between Portugal and Sunda Kingdom granted Portuguese permit to build fortress in Sunda Kelapa. 1523: Sweden gains independence from the Kalmar Union. 1523: The Cacao bean is introduced to Spain by Hernán Cortés 1524–1525: German Peasants' War in the Holy Roman Empire. 1524: Giovanni da Verrazzano is the first European to explore the Atlantic coast of North America between South Carolina and Newfoundland. 1524: Ismail I, the founder of Safavid dynasty, dies and Tahmasp I becomes king.Gun-wielding Ottoman Janissaries and defending Knights of Saint John at the siege of Rhodes in 1522, from an Ottoman manuscript 1525: Timurid Empire forces under Babur defeat the Lodi dynasty at the First Battle of Panipat, end of the Delhi Sultanate. 1525: German and Spanish forces defeat France at the Battle of Pavia, Francis I of France is captured. 1526: The Ottomans defeat the Kingdom of Hungary at the Battle of Mohács. 1526: Mughal Empire, founded by Babur. 1527: Sack of Rome with Pope Clement VII escaping and the Swiss Guards defending the Vatican being killed. The sack of the city of Rome considered the end of the Italian Renaissance. 1527: Protestant Reformation begins in Sweden. 1527: The last ruler of Majapahit falls from power. This state (located in present-day Indonesia) was finally extinguished at the hands of the Demak. A large number of courtiers, artisans, priests, and members of the royalty moved east to the island of Bali; however, the power and the seat of government transferred to Demak under the leadership of Pangeran, later Sultan Fatah. 1527: June 22, The Javanese Prince Fatahillah of the Cirebon Sultanate successfully defeated the Portuguese armed forces at the site of the Sunda Kelapa Harbor. The city was then renamed Jayakarta, meaning "a glorious victory." This eventful day came to be acknowledged as Jakarta's Founding Anniversary. 1527: Mughal Empire forces defeat the Rajput led by Rana Sanga of Mewar at the Battle of Khanwa 1529: The Austrians defeat the Ottoman Empire at the siege of Vienna. 1529: Treaty of Zaragoza defined the antimeridian of Tordesillas attributing the Moluccas to Portugal and Philippines to Spain. 1529: Imam Ahmad Gurey defeats the Ethiopian Emperor Dawit II in the Battle of Shimbra Kure, the opening clash of the Ethiopian–Adal War. Spanish conquistadors with their Tlaxcallan allies fighting against the Otomies of Metztitlan in present-day Mexico, a 16th-century codex 1531–1532: The Church of England breaks away from the Catholic Church and recognizes King Henry VIII as the head of the Church. 1531: The Inca Civil War is fought between the two brothers, Atahualpa and Huáscar. 1532: Francisco Pizarro leads the Spanish conquest of the Inca Empire. 1532: Foundation of São Vicente, the first permanent Portuguese settlement in the Americas. 1533: Anne Boleyn becomes Queen of England. 1533: Elizabeth Tudor is born. 1534: Jacques Cartier claims Canada for France. 1534: The Ottomans capture Baghdad from the Safavids. 1534: Affair of the Placards, where King Francis I becomes more active in repression of French Protestants. 1535: The Münster Rebellion, an attempt of radical, millennialist, Anabaptists to establish a theocracy, ends in bloodshed. 1535: The Portuguese in Ternate depose Sultan Tabariji (or Tabarija) and send him to Portuguese Goa where he converts to Christianity and bequeaths his Portuguese godfather Jordao de Freitas the island of Ambon.[12] Hairun becomes the next sultan. 1536: Catherine of Aragon dies in Kimbolton Castle, in England.Territorial expansion of the Ottoman Empire under Suleiman (in red and orange) 1536: In England, Anne Boleyn is beheaded for adultery and treason. 1536: Establishment of the Inquisition in Portugal. 1536: Foundation of Buenos Aires (in present-day Argentina) by Pedro de Mendoza. 1537: The Portuguese establish Recife in Pernambuco, north-east of Brazil. 1537: William Tyndale's partial translation of the Bible into English is published, which would eventually be incorporated into the King James Bible. 1538: Gonzalo Jiménez de Quesada founds Bogotá. 1538: Spanish–Venetian fleet is defeated by the Ottoman Turks at the Battle of Preveza. 1539: Hernando de Soto explores inland North America. Nicolaus Copernicus 1540: The Society of Jesus, or the Jesuits, is founded by Ignatius of Loyola and six companions with the approval of Pope Paul III. 1540: Sher Shah Suri founds the Suri dynasty in South Asia, an ethnic Pashtun (Pathan) of the house of Sur, who supplanted the Mughal dynasty as rulers of North India during the reign of the relatively ineffectual second Mughal emperor Humayun. Sher Shah Suri decisively defeats Humayun in the Battle of Bilgram (May 17, 1540). 1541: Pedro de Valdivia founds Santiago in Chile. 1541: An Algerian military campaign by Charles V of Spain (Habsburg) is unsuccessful. 1541: Amazon River is encountered and explored by Francisco de Orellana. 1541: Capture of Buda and the absorption of the major part of Hungary by the Ottoman Empire. 1541: Sahib I Giray of Crimea invades Russia. 1542: The Italian War of 1542–1546 War resumes between Francis I of France and Emperor Charles V. This time Henry VIII is allied with the Emperor, while James V of Scotland and Sultan Suleiman I are allied with the French. 1542: Akbar The Great is born in the Rajput Umarkot Fort 1542: Spanish explorer Ruy López de Villalobos named the island of Samar and Leyte Las Islas Filipinas honoring Philip II of Spain and became the official name of the archipelago. 1543: Ethiopian/Portuguese troops defeat the Adal army led by Imam Ahmad Gurey at the Battle of Wayna Daga; Imam Ahmad Gurey is killed at this battle. 1543: Copernicus publishes his theory that the Earth and the other planets revolve around the Sun 1543: The Nanban trade period begins after Portuguese traders make contact with Japan. 1544: The French defeat an Imperial–Spanish army at the Battle of Ceresole.Scenes of everyday life in Ming China, by Qiu Ying 1544: Battle of the Shirts in Scotland. The Frasers and Macdonalds of Clan Ranald fight over a disputed chiefship; reportedly, 5 Frasers and 8 Macdonalds survive. 1545: Songhai forces sack the Malian capital of Niani 1545: The Council of Trent meets for the first time in Trent (in northern Italy). 1546: Michelangelo Buonarroti is made chief architect of St. Peter's Basilica. 1546: Francis Xavier works among the peoples of Ambon, Ternate and Morotai (Moro) laying the foundations for a permanent mission. (to 1547) 1547: Henry VIII dies in the Palace of Whitehall on 28 January at the age of 55. 1547: Francis I dies in the Château de Rambouillet on 31 March at the age of 52. 1547: Edward VI becomes King of England and Ireland on 28 January and is crowned on 20 February at the age of 9. 1547: Emperor Charles V decisively dismantles the Schmalkaldic League at the Battle of Mühlberg. 1547: Grand Prince Ivan the Terrible is crowned tsar of (All) Russia, thenceforth becoming the first Russian tsar. 1548: Battle of Uedahara: Firearms are used for the first time on the battlefield in Japan, and Takeda Shingen is defeated by Murakami Yoshikiyo. 1548: Askia Daoud, who reigned from 1548 to 1583, establishes public libraries in Timbuktu (in present-day Mali). 1548: The Ming dynasty government of China issues a decree banning all foreign trade and closes down all seaports along the coast; these Hai jin laws came during the Wokou wars with Japanese pirates. 1549: Tomé de Sousa establishes Salvador in Bahia, north-east of Brazil. 1549: Arya Penangsang with the support of his teacher, Sunan Kudus, avenges the death of Raden Kikin by sending an envoy named Rangkud to kill Sunan Prawoto by Keris Kyai Satan Kober (in present-day Indonesia). The Islamic gunpowder empires: Mughal Army artillerymen during the reign of Jalaluddin Akbar 1550: The architect Mimar Sinan builds the Süleymaniye Mosque in Istanbul. 1550: Mongols led by Altan Khan invade China and besiege Beijing. 1550–1551: Valladolid debate concerning the human rights of the Indigenous people of the Americas. 1551: Fifth outbreak of sweating sickness in England. John Caius of Shrewsbury writes the first full contemporary account of the symptoms of the disease. 1551: North African pirates enslave the entire population of the Maltese island Gozo, between 5,000 and 6,000, sending them to Libya. 1552: Russia conquers the Khanate of Kazan in central Asia. 1552: Jesuit China Mission, Francis Xavier dies. 1553: Mary Tudor becomes the first queen regnant of England and restores the Church of England under Papal authority. 1553: The Portuguese found a settlement at Macau. 1554: Missionaries José de Anchieta and Manuel da Nóbrega establishes São Paulo, southeast Brazil. 1554: Princess Elizabeth is imprisoned in the Tower of London upon the orders of Mary I for suspicion of being involved in the Wyatt rebellion. 1555: The Muscovy Company is the first major English joint stock trading company. 1556: Publication in Venice of Delle Navigiationi et Viaggi (terzo volume) by Giovanni Battista Ramusio, secretary of Council of Ten, with plan La Terra de Hochelaga, an illustration of the Hochelaga.[13] 1556: The Shaanxi earthquake in China is history's deadliest known earthquake during the Ming dynasty. 1556: Georgius Agricola, the "Father of Mineralogy", publishes his De re metallica. 1556: Akbar defeats Hemu at the Second battle of Panipat. 1556: Russia conquers the Astrakhan Khanate. 1556–1605: During his reign, Akbar expands the Mughal Empire in a series of conquests (in the Indian subcontinent).Political map of the world in 1556 1556: Mir Chakar Khan Rind captures Delhi with Humayun. 1556: Pomponio Algerio, radical theologian, is executed by boiling in oil as part of the Roman Inquisition. 1557: Habsburg Spain declares bankruptcy. Philip II of Spain had to declare four state bankruptcies in 1557, 1560, 1575 and 1596. 1557: The Portuguese settle in Macau (on the western side of the Pearl River Delta across from present-day Hong Kong). 1557: The Ottomans capture Massawa, all but isolating Ethiopia from the rest of the world. 1558: Elizabeth Tudor becomes Queen Elizabeth I at age 25. 1558–1603: The Elizabethan era is considered the height of the English Renaissance. 1558–1583: Livonian War between Poland, Grand Principality of Lithuania, Sweden, Denmark and Russia. 1558: After 200 years, the Kingdom of England loses Calais to France. 1559: With the Peace of Cateau Cambrésis, the Italian Wars conclude. 1559: Sultan Hairun of Ternate (in present-day Indonesia) protests the Portuguese's Christianisation activities in his lands. Hostilities between Ternate and the Portuguese. The Mughal Emperor Akbar shoots the Rajput warrior Jaimal during the Siege of Chittorgarh in 1567 1560: Ottoman navy defeats the Spanish fleet at the Battle of Djerba. 1560: Elizabeth Bathory is born in Nyirbator, Hungary. 1560: By winning the Battle of Okehazama, Oda Nobunaga becomes one of the pre-eminent warlords of Japan. 1560: Jeanne d'Albret declares Calvinism the official religion of Navarre. 1560: Lazarus Church, Macau 1561: Sir Francis Bacon is born in London. 1561: The fourth battle of Kawanakajima between the Uesugi and Takeda at Hachimanbara takes place. 1561: Guido de Bres draws up the Belgic Confession of Protestant faith. 1562: Mughal emperor Akbar reconciles the Muslim and Hindu factions by marrying into the powerful Rajput Hindu caste. 1562–1598: French Wars of Religion between Catholics and Huguenots. 1562: Massacre of Wassy and Battle of Dreux in the French Wars of Religion. 1562: Portuguese Dominican priests build a palm-trunk fortress which Javanese Muslims burned down the following year. The fort was rebuilt from more durable materials and the Dominicans commenced the Christianisation of the local population.[12] 1563: Plague outbreak claimed 80,000 people in Elizabethan England. In London alone, over 20,000 people died of the disease. 1564: Galileo Galilei born on February 15 1564: William Shakespeare baptized 26 April 1565: Deccan sultanates defeat the Vijayanagara Empire at the Battle of Talikota. 1565: Mir Chakar Khan Rind dies at aged 97. 1565: Estácio de Sá establishes Rio de Janeiro in Brazil. 1565: The Hospitallers, a Crusading Order, defeat the Ottoman Empire at the siege of Malta (1565). 1565: Miguel López de Legazpi establishes in Cebu the first Spanish settlement in the Philippines starting a period of Spanish colonization that would last over three hundred years. 1565: Spanish navigator Andres de Urdaneta discovers the maritime route from Asia to the Americas across the Pacific Ocean, also known as the tornaviaje. 1565: Royal Exchange is founded by Thomas Gresham. 1566: Suleiman the Magnificent, ruler of the Ottoman Empire, dies on September 7, during the battle of Szigetvar.Siege of Valenciennes during the Dutch War of Independence in 1567 1566–1648: Eighty Years' War between Spain and the Netherlands. 1566: Da le Balle Contrade d'Oriente, composed by Cipriano de Rore. 1567: After 45 years' reign, Jiajing Emperor died in the Forbidden City, Longqing Emperor ascended the throne of Ming dynasty. 1567: Mary, Queen of Scots, is imprisoned by Elizabeth I. 1568: The Transylvanian Diet, under the patronage of the prince John Sigismund Zápolya, the former king of Hungary, inspired by the teachings of Ferenc Dávid, the founder of the Unitarian Church of Transylvania, promulgates the Edict of Torda, the first law of freedom of religion and of conscience in the World. 1568–1571: Morisco Revolt in Spain. 1568–1600: The Azuchi-Momoyama period in Japan. 1568: Hadiwijaya sent his adopted son and son in-law Sutawijaya, who would later become the first ruler of the Mataram dynasty of Indonesia, to kill Arya Penangsang. 1569: Rising of the North in England. 1569: Mercator 1569 world map published by Gerardus Mercator. 1569: The Polish–Lithuanian Commonwealth is created with the Union of Lublin which lasts until 1795. 1569: Peace treaty signed by Sultan Hairun of Ternate and Governor Lopez De Mesquita of Portugal. The Battle of Lepanto 1570: Ivan the Terrible, tsar of Russia, orders the massacre of inhabitants of Novgorod. 1570: Pope Pius V issues Regnans in Excelsis, a papal bull excommunicating all who obeyed Elizabeth I and calling on all Catholics to rebel against her. 1570: Sultan Hairun of Ternate (in present-day Indonesia) is killed by the Portuguese.[12] Babullah becomes the next Sultan. 1570: 20,000 inhabitants of Nicosia in Cyprus were massacred and every church, public building, and palace was looted. Cyprus fell to the Ottoman Turks the following year. 1571: Pope Pius V completes the Holy League as a united front against the Ottoman Turks, responding to the fall of Cyprus to the Ottomans. 1571: The Spanish-led Holy League navy destroys the Ottoman Empire navy at the Battle of Lepanto. 1571: Crimean Tatars attack and sack Moscow, burning everything but the Kremlin. 1571: American Indians kill Spanish missionaries in what would later be Jamestown, Virginia. 1571: Spanish conquistador Miguel López de Legazpi establishes Manila, Philippines as the capital of the Spanish East Indies. 1572: Brielle is taken from Habsburg Spain by Protestant Watergeuzen in the Capture of Brielle, in the Eighty Years' War. 1572: Spanish conquistadores apprehend the last Inca leader Tupak Amaru at Vilcabamba, Peru, and execute him in Cuzco. 1572: Jeanne d'Albret dies aged 43 and is succeeded by Henry of Navarre. 1572: Catherine de' Medici instigates the St. Bartholomew's Day massacre which takes the lives of Protestant leader Gaspard de Coligny and thousands of Huguenots. The violence spreads from Paris to other cities and the countryside. 1572: First edition of the epic The Lusiads of Luís Vaz de Camões, three years after the author returned from the East.[14] 1572: The 9 years old Taizi, Zhu Yijun ascended the throne of Ming dynasty, known as Wanli Emperor. 1573: After heavy losses on both sides the siege of Haarlem ends in a Spanish victory.St. Bartholomew's Day massacre of French Protestants 1574: in the Eighty Years' War the capital of Zeeland, Middelburg declares for the Protestants. 1574: After a siege of 4 months the siege of Leiden ends in a comprehensive Dutch rebel victory. 1575: Oda Nobunaga finally captures Nagashima fortress. 1575: Following a five-year war, the Ternateans under Sultan Babullah defeated the Portuguese. 1576: Tahmasp I, Safavid shah, dies. 1576: The Battle of Haldighati is fought between the ruler of Mewar, Maharana Pratap and the Mughal Empire's forces under Emperor Akbar led by Raja Man Singh. 1576: Sack of Antwerp by badly paid Spanish soldiers. 1577–1580: Francis Drake circles the world. 1577: Ki Ageng Pemanahan built his palace in Pasargede or Kotagede. 1578: King Sebastian of Portugal is killed at the Battle of Alcazarquivir. 1578: The Portuguese establish a fort on Tidore but the main centre for Portuguese activities in Maluku becomes Ambon.[12] 1578: Sonam Gyatso is conferred the title of Dalai Lama by Tumed Mongol ruler, Altan Khan. Recognised as the reincarnation of two previous Lamas, Sonam Gyatso becomes the third Dalai Lama in the lineage.[15] 1578: Governor-General Francisco de Sande officially declared war against Brunei in 1578, starting the Castilian War of 1578. 1579: The Union of Utrecht unifies the northern Netherlands, a foundation for the later Dutch Republic. 1579: The Union of Arras unifies the southern Netherlands, a foundation for the later states of the Spanish Netherlands, the Austrian Netherlands and Belgium.The Irish Gaelic chieftain's feast, from The Image of Ireland 1579: The British navigator Sir Francis Drake passes through Maluku and transit in Ternate on his circumnavigation of the world. The Portuguese establish a fort on Tidore but the main centre for Portuguese activities in Maluku becomes Ambon.[16] The fall of Spanish Armada 1580: Drake's royal reception after his attacks on Spanish possessions influences Philip II of Spain to build up the Spanish Armada. English ships in Spanish harbours are impounded. 1580: Spain unifies with Portugal under Philip II. The struggle for the throne of Portugal ends the Portuguese Empire. The Spanish and Portuguese crowns are united for 60 years, i.e. until 1640. 1580–1587: Nagasaki comes under control of the Jesuits. 1581: Dutch Act of Abjuration, declaring abjuring allegiance to Philip II of Spain. 1581: Bayinnaung dies at the age of 65. 1582: Oda Nobunaga commits seppuku during the Honnō-ji Incident coup by his general, Akechi Mitsuhide. 1582: Pope Gregory XIII issues the Gregorian calendar. The last day of the Julian calendar was Thursday, 4 October 1582 and this was followed by the first day of the Gregorian calendar, Friday, 15 October 1582 1582: Yermak Timofeyevich conquers the Siberia Khanate on behalf of the Stroganovs. 1583: Denmark builds the world's first theme park, Bakken. 1583: Death of Sultan Babullah of Ternate. 1584–1585: After the siege of Antwerp, many of its merchants flee to Amsterdam. According to Luc-Normand Tellier, "At its peak, between 1510 and 1557, Antwerp concentrated about 40% of the world trade...It is estimated that the port of Antwerp was earning the Spanish crown seven times more revenues than the Americas."[17] 1584: Ki Ageng Pemanahan died. Sultan Pajang raised Sutawijaya, son of Ki Ageng Pemanahan as the new ruler in Mataram, titled "Loring Ngabehi Market" (because of his home in the north of the market). 1585: Akbar annexes Kashmir and adds it to the Kabul SubahPortuguese fusta in India from a book by Jan Huygen van Linschoten 1585: Colony at Roanoke founded in North America. 1585–1604: The Anglo-Spanish War is fought on both sides of the Atlantic. 1587: Mary, Queen of Scots is executed by Elizabeth I. 1587: The reign of Abbas I marks the zenith of the Safavid dynasty. 1587: Troops that would invade Pajang Mataram Sultanate storm ravaged the eruption of Mount Merapi. Sutawijaya and his men survived. 1588: Mataram into the kingdom with Sutawijaya as Sultan, titled "Senapati Ingalaga Sayidin Panatagama" means the warlord and cleric Manager Religious Life. 1588: England repulses the Spanish Armada. 1589: Spain repulses the English Armada. 1589: Catherine de' Medici dies at aged 69. Abu'l-Fazl ibn Mubarak presenting Akbarnama to Mughal Azam Akbar, Mughal miniature 1590: Siege of Odawara: the Go-Hojo clan surrender to Toyotomi Hideyoshi, and Japan is unified. 1591: Gazi Giray leads a huge Tatar expedition against Moscow. 1591: In Mali, Moroccan forces of the Sultan Ahmad al-Mansur led by Judar Pasha defeat the Songhai Empire at the Battle of Tondibi. 1592–1593: John Stow reports 10,675 plague deaths in London, a city of approximately 200,000 people. 1592–1598: Korea, with the help of Ming dynasty China, repels two Japanese invasions. 1593–1606: The Long War between the Habsburg monarchy and the Ottoman Turks. 1594: St. Paul's College, Macau, founded by Alessandro Valignano. 1595: First Dutch expedition to Indonesia sets sail for the East Indies with two hundred and forty-nine men and sixty-four cannons led by Cornelis de Houtman.[18] 1596: Birth of René Descartes. 1596: June, de Houtman's expedition reaches Banten the main pepper port of West Java where they clash with both the Portuguese and Indonesians. It then sails east along the north coast of Java losing twelve crew to a Javanese attack at Sidayu and killing a local ruler in Madura.[18] 1597: Romeo and Juliet is published. 1597: Cornelis de Houtman's expedition returns to the Netherlands with enough spices to make a considerable profit.[18] 1598: The Edict of Nantes ends the French Wars of Religion. 1598: Abbas I moves Safavids capital from Qazvin to Isfahan in 1598. 1598–1613: Russia descends into anarchy during the Time of Troubles. 1598: The Portuguese require an armada of 90 ships to put down a Solorese uprising.[12] (to 1599) 1598: More Dutch fleets leave for Indonesia and most are profitable.[18]Edo period screen depicting the Battle of Sekigahara 1598: The province of Santa Fe de Nuevo México is established in Northern New Spain. The region would later become a territory of Mexico, the New Mexico Territory in the United States, and the US State of New Mexico. 1598: Death of Toyotomi Hideyoshi, known as the unifier of Japan. 1599: The Mali Empire is defeated at the Battle of Jenné. 1599: The van Neck expedition returns to Europe. The expedition makes a 400 per cent profit.[18] (to 1600) 1599: March, Leaving Europe the previous year, a fleet of eight ships under Jacob van Neck was the first Dutch fleet to reach the 'Spice Islands' of Maluku.[18] 1600: Giordano Bruno is burned at the stake for heresy in Rome.Siege of Filakovo castle during the Long Turkish War 1600: Battle of Sekigahara in Japan. End of the Warring States period and beginning of the Edo period. 1600: The Portuguese win a major naval battle in the bay of Ambon.[19] Later in the year, the Dutch join forces with the local Hituese in an anti-Portuguese alliance, in return for which the Dutch would have the sole right to purchase spices from Hitu.[19] 1600: Elizabeth I grants a charter to the British East India Company beginning the English advance in Asia. 1600: Michael the Brave unifies the three principalities: Wallachia, Moldavia and Transylvania after the Battle of Selimbăr from 1599. For later events, see Timeline of the 17th century. Polybius' The Histories translated into Italian, English, German and French.[20] Mississippian culture disappears. Medallion rug, variant Star Ushak style, Anatolia (modern Turkey), is made. It is now kept at the Saint Louis Art Museum. Hernan Cortes (1485–1547) Henry VIII, (1491–1547) King of England and Ireland Don Fernando Álvarez de Toledo (1507–1582) Suleiman the Magnificent, Sultan of the Ottoman Empire (1520–1566) Ivan IV the Terrible (1530–1584) Oda Nobunaga (1534–1582) Sir Francis Drake (c. 1540 – 1596) Alberico Gentili, (1552–1608) the Father of international law Philip II of Spain, King of Spain (1556–1598) Akbar the Great, Mughal emperor (1556–1605) Related article: List of 16th century inventions. The Columbian Exchange introduces many plants, animals and diseases to the Old and New Worlds. Introduction of the spinning wheel revolutionizes textile production in Europe. The letter J is introduced into the English alphabet. 1500: First portable watch is created by Peter Henlein of Germany.The Iberian Union in 1598, under Philip II, King of Spain and Portugal 1513: Juan Ponce de León sights Florida and Vasco Núñez de Balboa sights the eastern edge of the Pacific Ocean. 1519–1522: Ferdinand Magellan and Juan Sebastián Elcano lead the first circumnavigation of the world. 1519–1540: In America, Hernando de Soto expeditions map the Gulf of Mexico coastline and bays. 1525: Modern square root symbol (√) 1540: Francisco Vásquez de Coronado sights the Grand Canyon. 1541–42: Francisco de Orellana sails the length of the Amazon River. 1542–43: Firearms are introduced into Japan by the Portuguese. 1543: Copernicus publishes his theory that the Earth and the other planets revolve around the Sun 1545: Theory of complex numbers is first developed by Gerolamo Cardano of Italy. 1558: Camera obscura is first used in Europe by Giambattista della Porta of Italy. 1559–1562: Spanish settlements in Alabama/Florida and Georgia confirm dangers of hurricanes and local native warring tribes. 1565: Spanish settlers outside New Spain (Mexico) colonize Florida's coastline at St. Augustine. 1565: Invention of the graphite pencil (in a wooden holder) by Conrad Gesner. Modernized in 1812. 1568: Gerardus Mercator creates the first Mercator projection map. 1572: Supernova SN 1572 is observed by Tycho Brahe in the Milky Way. 1582: Gregorian calendar is introduced in Europe by Pope Gregory XIII and adopted by Catholic countries. c. 1583: Galileo Galilei of Pisa, Italy identifies the constant swing of a pendulum, leading to development of reliable timekeepers. 1585: earliest known reference to the 'sailing carriage' in China. 1589: William Lee invents the stocking frame. 1591: First flush toilet is introduced by Sir John Harrington of England, the design published under the title 'The Metamorphosis of Ajax'. 1593: Galileo Galilei invents a thermometer. 1596: William Barents discovers Spitsbergen. 1597: Opera in Florence by Jacopo Peri. Entertainment in the 16th century ^ a b Modern reference works on the period tend to follow the introduction of the Gregorian calendar for the sake of clarity; thus NASA's lunar eclipse catalogue states "The Gregorian calendar is used for all dates from 1582 Oct 15 onwards. Before that date, the Julian calendar is used." For dates after 15 October 1582, care must be taken to avoid confusion of the two styles. ^ de Vries, Jan (14 September 2009). "The limits of globalization in the early modern world". The Economic History Review. 63 (3): 710–733. CiteSeerX 10.1.1.186.2862. doi:10.1111/j.1468-0289.2009.00497.x. JSTOR 40929823. S2CID 219969360. SSRN 1635517. ^ Singh, Sarina; Lindsay Brown; Paul Clammer; Rodney Cocks; John Mock (2008). Pakistan & the Karakoram Highway. Vol. 7, illustrated. Lonely Planet. p. 137. ISBN 978-1-74104-542-0. Retrieved 23 August 2010. ^ Babur (2006). Babur Nama. Penguin Books. p. vii. ISBN 978-0-14-400149-1. ^ "16th Century Timeline (1501 to 1600)". fsmitha.com. Archived from the original on February 3, 2009. ^ "History of Smallpox – Smallpox Through the Ages" Archived 2019-09-24 at the Wayback Machine. Texas Department of State Health Services. ^ Ricklefs (1991), p.23 ^ "A LIST OF NATIONAL EPIDEMICS OF PLAGUE IN ENGLAND 1348–1665". Archived from the original on 2009-05-08. Retrieved 2009-04-25. ^ a b Ricklefs (1991), page 24 ^ The Sweating Sickness. Story of London.. Accessed 2009-04-25. Archived 2009-05-03. ^ Sandra Arlinghaus. "Life Span of Suleiman the Magnificent 1494–1566". Personal.umich.edu. Retrieved 2013-05-05. ^ a b c d e Ricklefs (1991), page 25 ^ "La Terra De Hochelaga – Jaques Cartier a Hochelaga". jacquescarter.org. Archived from the original on December 23, 2008. ^ "The Lusiads". World Digital Library. 1800–1882. Retrieved 2013-08-31. ^ Schwieger, Peter (2014). The Dalai Lama and the Emperor of China: a political history of the Tibetan institution of reincarnation. New York: Columbia University Press. ISBN 9780231538602. OCLC 905914446. ^ Miller, George, ed. (1996). To The Spice Islands and Beyond: Travels in Eastern Indonesia. New York: Oxford University Press. pp. xv. ISBN 967-65-3099-9. ^ Luc-Normand Tellier (2009). "Urban world history: an economic and geographical perspective". PUQ. p.308. ISBN 2-7605-1588-5 ^ a b c d e f Ricklefs (1991), page 27 ^ a b Ricklefs (1991), page 28 ^ Polybius: The Rise Of The Roman Empire, Page 36, Penguin, 1979. Langer, William. An Encyclopedia of World History (5th ed. 1973); highly detailed outline of events online free Media related to 16th century at Wikimedia Commons Timelines of 16th century events, science, culture and persons Retrieved from " 4 The following pages link to 16th century External tools (link count transclusion count sorted list) · See help page for transcluding these entries Showing 50 items. View (previous 50 | next 50) (