

READING LIST

PRIMARY LIST

- *Functional Anatomy of Yoga - David Keil
- *Skill In Action: Michelle Casandra Johnson
- *Yoga Sequencing - Mark Stephens
- *Yamas & Niyamas - Deborah Adele
- *Living Your Yoga - Judith Lasater
- *Yoga Toolbox for Teachers and Students, 3rd Edition
- *Asana, Pranayama, Mudra and Bandha- Swami Satyananda Saraswati

SECONDARY LIST

- Light on Yoga - Iyengar
- Mindfulness for Beginners -Jon Kabat-Zinn
- The Key Poses of Yoga - Ray Long
- The Heart of Yoga - TKV Desikachar
- Patanjali's Yoga Sutras
- Wheels of Life - Anodea Judith
- Being Peace-Thich Nhat Hanh
- A New Translation-Stephen Mitchell
- Light on Life: The Yoga Journey to Wholeness, Inner Peace, and Ultimate Freedom-B.K.S. Iyengar
- Bringing Yoga to Life: The Everyday Practice of Enlightened Living by Donna Farhi
- The Heart of Yoga: Developing a Personal Practice by T.K.V. Desikachar,
- The Yoga Tradition: Its History, Literature, Philosophy and Practice by Georg Feuerstein,
- The Art of Happiness-Dalai Lama XIV, Howard C. Cutler
- The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom-Jonathan Haidt
- Yoga Nidra: A Meditative Practice for Deep Relaxation and Healing- Richard Miller
- The Secret Power of Yoga: A Woman's Guide to the Heart and Spirit of the Yoga Sutras- Nischala Joy Devi.
- How Yoga Works-Geshe Michael Roach
- Waking-Matthew Sanford
- Autobiography of a Yogi. Paramahansa Yogananda
- Theme Weaver by Michelle Berman Marchildon

*Required books for training

Some books recommended for book report