

2016 VAJRAPANI YOGA TEACHER TRAINING READING LIST*

Required

Bringing Yoga to Life; Donna Farhi

The Heart of Yoga: Developing a Personal Practice; TKV Desikachar

30 Essential Yoga Poses; Judith Lasater

Yoga Anatomy; Leslie Kaminoff

Suggested

~ Relax & Renew; Judith Lasater

~ Yoga: the Path to Holistic Health; BKS Iyengar

~ Light on Pranayama; BKS Iyengar

~ Mindful Yoga, Mindful Life; Charlotte Bell

~ Gesture of Balance; Tarthang Tulku

~ No Self, No Problem; Anam Thubten

Light on Yoga; BKS Iyengar

Yoga for Your Type: An Ayurvedic Approach to Your Asana Practice; David Frawley and Sandra Summerfield Kozak

A Woman's Book of Yoga; Linda Sparrowe and Patricia Walden

The Complete Book of Vinyasa Yoga; Srivatsa Ramaswami

The Science of Breath by Swami Rama

Meditation for the Love of It: Enjoying Your Own Deepest Experience; Sally Kempton

How Yoga Works; Michael Geshe Roach & Christine McNally

YogaBody; Judith Hanson Lasater

Light on the Sutras of Patanjali; BKS Iyengar

Against the Stream; Noah Levine

The Heart of the Buddha's Teachings; Thich Nhat Hahn

Full Catastrophe Living; Jon Kabot-Zinn

Aligned, Relaxed and Resilient; Will Johnson

Teaching Yoga; Exploring the Teacher-Student Relationship: Donna Farhi

The Diamond Cutter; Michael Geshe Roach

The Language of Yoga; Sanskrit Chants; CD Included; Nicolai Bachman

~ Highly useful & recommended for YTT and your own resource library

*A Training Manual is also included with the training.