

## **2020 ~ 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

### **Suggested**

Yoga Anatomy; Leslie Kaminoff & Amy Matthews

Relax & Renew; Judith Lasater

Yoga: the Path to Holistic Health; BKS Iyengar

Light on Yoga; BKS Iyengar

Light on Pranayama; BKS Iyengar

Mindful Yoga, Mindful Life; Charlotte Bell

The Yogi's Roadmap; Bhavani Maki

Gesture of Balance; Tarthang Tulku

No Self, No Problem; Anam Thubten

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

\*A Training Manual is also included with the training