

YOGA TEACHER TRAINING 2017-18 BOOK LIST



Required for the Training:

Hatha Yoga Illustrated, Martin Kirk, Brooke Boon, Daniel DiTuro

Light on Yoga, B.K.S. Iyengar

Moving Into Stillness, Eric Shiffmann

The Bhagavad Gita, A New Translation, Stephen Mitchell

The Heart of Yoga, Developing a Personal Practice, T.K.V. Desikachar

Please note: These books are to be purchased by the student and are not included in the price of the training.

Not required, but highly recommended:

Anusara Yoga Teacher Training Manual, John Friend

How to Know God: the Yoga Aphorisms of Patanjali, Swami Prabhavananda and Christopher Isherwood

Light on the Yoga Sutras of Patanjali, B.K.S. Iyengar

Teaching Yoga, Essential Foundations and Techniques, Mark Stephens

The Courage To Teach, Parker Palmer

The Hatha Yoga Pradipika, Translation, Brian Dana Akers

The Key Muscles of Yoga, Ray Long, MD.

The Key Poses of Yoga, Ray Long, MD.

The Secret of the Yoga Sutra, Samadhi Pada, Pandit Rajmani Tigunait, Ph.D

The Practice of the Yoga Sutra, Sadhana Pada, Pandit Rajmani Tigunait, Ph.D

The Yoga Tradition, It's History, Literature, Philosophy and Practice, Georg Feuerstein, Ph.D

Yin Yoga, Principles & Practice, 10th Anniversary Edition, Paul Grilley

Yoga & Ayurveda, Self Healing and Self Realization, David Frawley

Yoga & Psychotherapy, The Evolution of Consciousness, Swami

Yoga Sequencing Designing Transformative Yoga Classes, Mark Stephens

Other Recommendations:

From the Vedas to Vinyasa, An Introduction to the History and Philosophy of Yoga, Amy Vaughn

In Search of the Cradle of Civilization, Georg Feuerstein, Subhash Kak & David Frawley

My Body Is A Temple, Yoga As A Path To Wholeness, Christina Sell

Meditate, Swami Muktananda

Perennial Psychology of the Bhagavad Gita, Swami Rama

Tantra Unveiled, Seducing the Forces of Matter & Spirit, Pandi Rajmani Tigunait, Ph.D

The Four Desires, Yogarupa Rod Stryker

The Heart of Meditation, Pathways to a deeper experience, Swami Durgananda

Yoga From the Inside Out, Making Peace With Your Body Through Yoga, Christina Sell

Yoga of the Subtle Body, Tias Little