



EMBODY MASTERY

A World-Class 300HR RYT Professional Teacher Certification Program

Reading List

- *The Key Muscles of Yoga*, Ray Long
- *Yoga Sutras*, Swami Satchidananda
- *Eastern Body, Western Mind: Psychology and the Chakra System As a Path to the Self*, Anodea Judith
- *Moola Bandha: The Master Key*, Swami Buddha
- *Bhagavad Gita*, by Stephen Mitchell
- *Yin Yoga: Principles and Practice*, Paul Grilley
- *Insight Yoga*, Sarah Powers
- *Being of Power*, Baron Baptiste

*All of these books can be found on Amazon. You are welcome to purchase in digital format. We reserve the right to make changes to this list.