

Yoga East Reading List

Foundation Course, 200 Hour

Recommended:

Mira and Silva Mehta, *Yoga the Iyengar Way*, Random House, NY, 1990.
The Yoga Sutras of Patanjali - recommended translations:
Iyengar, B.K.S., *Light on the Yoga Sutras of Patanjali*.
Hariharananda, Swami, *Yoga Philosophy of Patanjali*, SUNY, Albany, 1983.
Aldous, Susi Hatley, *Anatomy and Asana*, Eastland Press, 2006

Teacher Training, 2nd Level, 300 Hour

Recommended:

Iyengar, B.K.S., *Light on Pranayama*, Crossroad, New York, 1992.
Light on Yoga, Schocken, New York, 1979.
Light on the Yoga Sutras of Patanjali, Harper Collins, New York, 1993.
Schatz, Mary Pullig, *Back Care Basics*, Rodmell Press, Berkley, 1992.
Lasater, Judith, *Relax and Renew*, Rodmell Press, Berkley, 1995.
Hatha Yoga Pradipika, Sw. Muktibodhananda, Bihar School of Yoga, Munger India, 1993.
Feuerstein, Georg, *The Yoga Tradition*, Hohn Press, Prescott, 2001.
T.K.V. Desikachar, *Heart of Yoga*, Inner Traditions, Rochester, 1995.
K. Pattabhi Jois, *Yoga Mala*, North Point Press, New York, 1999.
Coulter, David, *Anatomy of Hatha Yoga*, Body and Breath, Honesdale, 2001.
Bhagavad Gita, any translation.

Recommended CDs or DVDs

"Alignment and Form", John Friend, www.johnfriend.com.
"Anatomy for Yoga" DVD, Paul Grilley.

Recommended Reading

Techniques and Teaching Methodology

Ashtanga Yoga

Miele, Lino, *Ashtanga Yoga*, International Federation of Ashtanga Yoga Centres
Birch, Beryl Bender and Thom, *Power Yoga*, Fireside, New York, 1995.
Schultz, Larry & Joanou, Alice, *The It's Yoga Teacher Training Manual*, 1999.
Scott, John, *Ashtanga Yoga*, Random House, 2001.
Swenson, David, *Ashtanga Yoga Practice Manual*, 2nd Ed., Ashtanga Yoga Productions, 2007.

Iyengar Yoga and Krishnamacarya Tradition

“Alignment and Form” video, John Friend (now out of print).
Desikachar, T.K.V., Heart of Yoga, Inner Traditions, Vermont, 1995.
Francina, Suza, The New Yoga Over 50
 The New Yoga for Healthy Aging
Iyengar, B.K.S., Light on Life, Rodale
 Light on Pranayama, Crossroad, New York, 1992.
 Light on Yoga, Schocken, New York, 1979.
 Light on the Yoga Sutras of Patanjali, Harper Collins, New York, 1993.
 Astadala Yoga Mala (several volumes, available from IYNAUS)
Iyengar, Geeta, Yoga - A Gem for Women, Timeless Books, Spokane, WA, 1990.
Lasater, Judith, Relax and Renew, Rodmell Press, Berkley, 1995.
 30 Essential Yoga Postures, Rodmell Press, Berkeley.
Mehta, Silva and Mira, Yoga - The Iyengar Way, Knopf, New York, 1992.
 How to Use Yoga, Rodmell Press,
Mohan, A.G., Yoga for Body, Mind and Spirit, Rudra Press, Portland, OR, 1993.
Scaravelli, Vanda, Awakening the Spine, Harper, San Francisco, 1991.
Schatz, Mary Pullig, Back Care Basics, Rodmell Press, Berkley, 1992.

Gentle and Beginning Yoga

Bell, Lorna and Seifer, Eudora, Gentle Yoga, Celestial Arts, Berkley, 1983.
Christensen, Alice, American Yoga Association Beginners Guide to Yoga, Simon & Schuster, New York, 1987.
Folan, Liliias, Alive With Yoga

Hatha Tradition

Buddhananda, Chela, Moola Bandha The Master Key, Bihar School of Yoga, Munger, 1984.
Hewitt, James, The Complete Book of Yoga, Schocken Books, New York, 1977.
Liddell, Lucy, The Sivananda Companion, Gaia, London, 1983.
Miller, Richard, “The Power of Mudra”, Yoga Journal, October, 1996.
Mishra, M.D., Rammurti, Fundamentals of Yoga, Harmony Books, New York, 1959.
Sivananda, Swami, Sadhana.
Sivananda Radha, Swami, Kundalini Yoga for the West.
Satyananda Saraswati, Swami, Yoga Nidra, Bihar School of Yoga, Munger, India, 1993.
 Health Benefits of Inverted Asanas, Bihar School of Yoga, Munger, India, 1993.
Smith, Bob and Linda Boudreau, Yoga for a New Age, Smith Publications, Seattle, WA, 1986.
Stewart, Mary, Yoga Over 50, Fireside, New York, 1994.
Swatmarama, trans. Swami Muktibodhananda, Hatha Yoga Pradipika, Bihar School of Yoga, Munger, 1993.
Taylor, Louise, A Woman’s Book of Yoga, Charles E. Tuttle, Boston, 1997.
Vishnudevananda, Swami, The Complete Illustrated Guide to Yoga, Pocket Books, New York, 1972.

Bikram Yoga

Choudhury, Bikram, *Bikram's Beginning Yoga Class*, Putnam, New York, 1979 (and an excellent later edition which is one of the most diverse yoga books ever published, showing students of all ages, shapes, sizes, colors and levels of ability demonstrating postures).

Miscellaneous

Gach, Michael Reed, *Accu-Yoga*, Japan Publications, Tokyo, 1982.

Sell, Christina, *Yoga from the Inside Out*, Hohm Press, Prescott, AZ, 2003.

Meditation and Yoga Philosophy

Kashmir Saivism

Abhinavagupta, trans. Jaideva Singh, *A Trident of Wisdom*, SUNY, Albany, 1988.

Kshemaraja, trans. Jaideva Singh, *The Doctrine of Self-Recognition*, SUNY, Albany, 1990.

Muller-Ortega, Paul Eduardo, *The Triadic Heart of Śiva*, SUNY, Albany, 1989.

Singh, Jaideva, *The Doctrine of Self-Recognition*,

Vijnanabhairava or Divine Consciousness, Motilal Banasardas, Delhi, 1981.

The Yoga of Delight, Wonder and Astonishment, SUNY, Albany, NY.

Tantra

Arthur Avalon (Sir John Woodroffe), numerous publications including:

The Serpent Power, Dover Publications, New York, 1974.

Kularnanva Tantra

The Garland of Letters

Kripananda, Swami, *The Sacred Power*, SYDA Foundation, South Fallsburg, NY.

Mookerjee Ajit, *Kundalini, Inner Traditions*, Rochester, VT.

Vedanta

Dayananda, Sw., *Value of Values*

The Fundamental Problem

Teachings of the Bhagavad Gita

Prayer Guide

The Bhagavad Gita

Meditation

Chidvilasananda, Swami, *The Yoga of Discipline*, SYDA Foundation, South Fallsburg, NY, 1996.

Kindle My Heart I, Prentice Hall, New York, 1989.

Kindle My Heart II, Prentice Hall, New York, 1989.

My Lord Loves a Pure Heart, SYDA Foundation

Enthusiasm

Courage and Contentment

Sadhana of the Heart

Inner Treasures

Easwaran, Eknath, Your Life is Your Message, Nilgiri Press, Tomales, CA, 1993.

The Bhagavad Gita for Daily Living

The Mantram Handbook

Meditation

The Upanishads

Muktananda, Swami, I Have Become Alive, SYDA, South Fallsburg, NY.

I Am That

Meditate

Where Are You Going?

Mystery of the Mind

Play of Consciousness

Ram Dass, Be Here Now, Lama Foundation, Albuquerque, NM, 1971.

Yoga Sutras - many translations available

Prabhavananda, Swami and Isherwood, Christopher, How to Know God.

Yoga Shastras

The Gheranda Samhita, Rai Bahadur Srisa Chandra Vasu, trans., Motilal Banisardass, New Delhi, 1980.

Shiva Samhita, trans. Rai Bahadur Srisa Chandra Vasu, Śiva Samhita, Mushiram Manoharlal, New Delhi, 1990 and Motilal Banisardass, New Delhi, 1980.

Sargeant, Winthrop, trans., Shree Bhagavad Gita, SUNY, Albany, 1993

Shakaracharya

Śankaracharya, The Crest Jewel of Discrimination (Vivekachudamani),

Path of Yoga

Subramuniyaswami, Satguru Sivaya, Dancing with Siva, Himalayan Academy, 1993.

Tigunait, Pandit Rajmani, Inner Quest, Yoga International Books, Honesdale, PA, 1995.

Venkatesananda, Swami, Narada's Bhakti Sutras,

Yogananda, Paramahansa, Autobiography of a Yogi,

Lozoff, Bo, Life is Meaningful: It Just Takes Practice, Simon and Schuster.

Sanskrit

Coulson, Michael, Teach Yourself Sanskrit, NTC Publishing Group, Chicago, 1992.

Learn Sanskrit in 30 Days

Ayurveda and Diet

Davis, Roy Eugene, An Easy Guide to Ayurveda, CSA Press, Lakemont, 1996.

Lad, Dr. Vasant, Ayurveda The Science of Self-Healing, Lotus Press, Wilmont, 1984.

Lad, Dr. Vasant and Frawley, Dr. David The Yoga of Herbs, Lotus Press.

Morningstar, Amadea, Ayurvedic Cooking for Westerners,

Robertson, Laurel; Flinders, Carol; Ruppenthal, Bryan The New Laurel's Kitchen.
Svoboda, Robert, Aghora: At the Left hand of God
Aghora II: Kundalini
Aghora III: The Law of Karma
The Greatness of Saturn: A Therapeutic Myth
Prakriti: Your Ayurvedic Constitution
Ayurveda: Life, health & Longevity
Ayurveda for Women
Light on Life: An Introduction to the Astrology of India, with Hart De Fouw

Tiwari, Maya, Ayurveda, A Life of Balance,

Anatomy and Subtle Anatomy

Harish Johari, Breath, Mind and Consciousness, Inner Traditions, Rochester, VT.
Chakras, Energy Center for Transformation, Inner Traditions, Rochester, VT.
Tools for Tantra, Inner Traditions, Rochester, VT.
Kapit, Wynn & Elson, Lawrence M., Anatomy Coloring Book, Addison-Wesley Educational Publishers, Inc., 1993.
Aldous, Susi Hatley, Anatomy and Asana, Eastland Press, 2006
McCredie, Scott, Balance: In Search of the Lost Sense, Little, Brown & Co. 2007
Kapit & Elson, The Anatomy Coloring Book, 3rd ed., Pearson, 2001
Sarno, Dr. John, The Mind Body Prescription, Grand Central Publishing, 1999
Healing Back Pain: The Mind-Body Connection, Grand Central Publishing, 1991

The Yoga Alliance only recognizes teacher training hours in traditional yoga subjects. Subjects which are commonly considered to be yoga-related, such as Buddhism, Taoism, and so on are not counted. Nevertheless, I've included some books from my personal reading list which I think it is helpful for a yogi to encounter. An important aspect of enlightenment must include the ability to see and think clearly and objectively. A good yoga teacher should be well-informed.

American History

Oates, Stephen B., Let the Trumpet Sound, Harper, 1994.
Williams, Juan and Bond, Julian, Eyes on the Prize: America's Civil Rights Years, 1954-1965, Penguin, 1988.
Clar, D., Eyes on the Prize Reader: Documents, Speeches and Firsthand Accounts from the Black Freedom Struggle, Penguin, 1991
Lies My Teacher Told Me: Everything Your American History Textbook Got Wrong, Loewen, James W, Simon and Schuster, NY 2007

India

Basham, Al, The Wonder that Was India

Gandhi, Mohandas K., My Experiments with Truth.

Fischer, Louis, The Life of Mahatma Gandhi, Harper, New York, 1983.

Ecology and the Environment

Gore, Al, An Inconvenient Truth