

## **Required Reading List**

- Hatha Yoga Illustrated by Martin Kirk, Brooke Boon, paperback
- The Yamas & Niyamas, Exploring Yoga's Ethical Practice by Deborah Adele
- Pranayama: A Path to Healing and Freedom, Paperback by Allison Gemmel Laframboise
- The Key Muscles of Yoga by Ray Long
- The Yoga Sutras of Patanjali, Translation and commentary by Sri Swami Satchidananda
- The Teaching of the Bhagavad Gita, by Swami Dayananada
- Teaching Yoga: Exploring the Teacher-Student Relationship By Donna Farhi
- Notebook and Journal

## **Recommended Reading List:**

- Wheels of Life, by Anodea Judith Ph.D
- CHAKRAS Energy Centers of Transformation by Harish Johari
- Meditation for the Love of It, by Sally Kempton
- Light on Yoga, by BKS Iyengar
- Hatha Yoga: The Hidden Language, Symbols, Secrets Metaphors by Swami Sivananda Radha
- The Breathing Book: Good Health and Vitality Through Essential BreathWork by Donna Farhi
- Yoga and the Path of the Urban Mystic by Darren Main
- Yoga of the Subtle Body: A Guide to the Physical and Energetic
- Anatomy of Yoga Paperback – May 17, 2016 by Tias Little
- Body by Breath by Jill Miller