

## Required Reading

- Tantra of the Yoga Sutras, Alan Finger, Wendy Newton
- The Genius of Yoga, Alan Finger, Peter Ferko
- Chakra Yoga, Alan Finger
- MetaAnatomy – A Modern Yogi’s Practical Guide to the Physical and Energetic Anatomy of Your Amazing Body, Kristin Leal
- Back Care Basics, Mary Pullig Schatz, MD
- Yin Yoga, Outline of a Quiet Practice, Paul Grilley
- The Radiance Sutra – The Bhairava Tantra, Lorin Roche
- A Path with Heart, Jack Kornfield
- Yoga for Life, Alan Finger
- An Introduction to Yoga, Alan Finger
- Autobiography of a Yogi, Paramahansa Yogananda

## Recommended Reading

- The Yoga Tradition, Its History, Literature, Philosophy and Practice, Georg Feuerstein
- The Anatomy of Hatha Yoga, H. David Coulter
- The Yoga Sutra of Patanjali, Georg Feuerstein
- Moola Bandha, The Master Key, Swami Buddhananda
- Yin Yoga, Bernie Clark
- Tantra, the Path of Ecstasy, Georg Feuerstein
- The Shambhala Encyclopedia of Yoga, Georg Feuerstein
- The Yoga Sutras of Patanjali, trans and commentary by Sri Swami Satchidananda
- Be Here Now, Ram Dass
- Yoga for Children, M. Stewart and K. Philips
- Preparing for Birth with Yoga, Janet Balaskas

- Yoga for Pregnancy, Sandra Jordan
- Yoga Psychology: A Practical Guide to Meditation, Swami Ajaya
- Shambhala; The Sacred Path of the Warrior, Chogyam Trungpa
- Man's Search for Meaning, Victor Frankl
- Jivamukti Yoga, David Life and Sharon Gannon
- As One Is: To Free the Mind of all Conditioning, J Krishnamurti
- The 7 Habits of Highly Effective People, Stephen Covey
- The Key Muscles of Hatha Yoga, Ray Long M.D.
- The Key Poses of Hatha Yoga, Ray Long M.D.
- Yoga Anatomy Human Kinetics, L. Kaminoff
- Fundamentals of Anatomy and Physiology, Martini
- Sri Vijnana Bhairava Tantra; The Ascent, Swami Satyasangananda Saraswati
- Asana Pranayama Mudra Bandha, Swami Satyananda Saraswati
- A Sourcebook in Indian Philosophy, Sarvepalli Radhakrishnan and Charles A Moore
- The Gheranda Samhita, trans James Mallinson
- The Mahabharata, Trans. Chakravarti V. Narasimhan
- Science of Breath, Swami Rama, Rudolph Ballentine, M.D. and Alan Hymes, M.D.
- Yoga, Mind and Body, Sivananda Yoga Vedanta Center
- Moving into Stillness, Eric Schiffman
- Yoga, the Path to Holistic Health, B.K.S Iyengar
- Loving Kindness, Sharon Salzberg
- Faith, Sharon Salzberg
- A Heart as Wide as the World, Sharon Salzberg
- Hatha Yoga, the Hidden Language, Swami Sivananda Radha
- Being Peace, Thich Nhat Hanh
- Stages of Meditation, The Dalai Lama
- Creating True Peace, Thich Nhat Hanh
- The Heart of Yoga: Developing a Personal Practice, TKV Desikachar
- Hatha Yoga Pradipika, commentary by Swami Vishnu Devananda
- Karma-Yoga and Bhakti-Yoga, Swami Vivekananda
- Bhagavad-Gita, Winthrop Sargeant

- I Am That, Sri Nisargadatta Maharaj
- Autobiography of a Yogi, Paramahansa Yogananda
- The Spiritual Teaching of Ramana Maharshi, Foreword by C.G. Jung
- Insight Meditation: The Practice of Freedom, Joseph Goldstein
- The Wisdom of No Escape, Pema Chodron
- The Fine Arts of Relaxation, Concentration, and Meditation, J. and M. Levey
- Textbook of Medical Physiology, Guyton and Hall
- Yoga Therapy, A.G Mohan and Indri Mohan
- Ayurveda: Nature's Medicine, Dr. David Frawley
- Ayurveda and Marma Therapy, Dr. David Frawley
- Ayurveda and the Mind, The Healing of Consciousness, Dr. David Frawley
- Ayurveda: The Ancient Healing Art, Scott Gerson, M.D.
- The Woman's Book of Yoga and Health, L. Sparrowe and P. Walden
- Timeless Healing, Herbert Benson
- The Relaxation Response, Herbert Benson
- Ageless Body, Timeless Body, Timeless Mind, Deepak Chopra
- The Art of Forgiveness, Lovingkindness and Peace, Jack Kornfield
- Mohandas Gandhi Essential Writings, Intro by John Dear
- Gandhi on Non-Violence, Thomas Merton
- The Heart of Understanding- Commentaries on the Prajnaparamita Heart Sutra, Thich Nhat Hanh
- Perfect Health, Deepak Chopra
- Why Zebras Don't Get Ulcers: An updated Guide to Stress, Stress Related Diseases, and Coping, Robert M. Sapolsky
- Wise Woman Herbal, Susan Weed
- Women's Bodies, Women's Wisdom, Creating Physical and Emotional Health and Healing, Christiane Northrup, M.D.
- Great Eastern Sun, the Wisdom of Shambhala, Chogyam Trungpa Rinpoche