

## Yoga teacher training

### Suggested reading

#### **YOGA HISTORY AND PHILOSOPHY**

The Yoga Sutras of Patanjali, *Sri Swami Satchidananda, 2012 ed.*

The Bhagavad Gita, *Swami Prabhavananda*

The Upanishads, *E Eswaran*

#### **CLASSIC TEXTS**

Light on Yoga, *BKS Iyengar*

Light on Pranayama, *BKS Iyengar*

The Tree of Yoga, *BKS Iyengar*

Yoga: A Gem for Women, *Getta S Iyengar*

#### **ANATOMY AND PHYSIOLOGY FOR YOGA TEACHERS**

Yoga Anatomy, *L Kaminoff and A Matthews*

Therapeutic Yoga, *Dr Ali and Jiwan Brar*

Yoga for Common Ailments, *Dr R Nagarathna, Dr HR Nagendra and Dr R Munro*

#### **MODERN TEXTS**

Bikram's Beginning Yoga Class, *Bikram Choudhury*

The Heart of Yoga, *TKV Desikachar*

Ashtanga Yoga: Practice and Philosophy, *Gregor Maehle*

Yin Yoga: Outline of a Quiet Practice, *Paul Grilley, 2012*

The Spirit and Practice of Moving into Stillness, *Erich Schiffmann*

Stretch and Relax, *Mary Stewart and Maxine Tobias*

Yoga Pure and Simple, *Kisen*

Yoga Nidra, *Swami Satyananda Saraswati, 2003*

#### **SPECIALISED YOGA**

Yoga for Pregnancy, Birth and Beyond, *FB Freedman*

Relax and Renew: Restful Yoga for Stressful Times, *Judith Lasater*

The Power of Now, *Eckhart Tolle*

The Miracle of Mindfulness, *Thich Nhat Hanh*

Yoga for Healthy Lower Backs, *A Trehwela and A Semlyen*

#### **YOGA TEACHING GUIDES**

Teaching Yoga: Essential Foundations and Techniques, *Mark Stephens, 2010*

Yoga Sequencing, *Mark Stephens*

Yoga Adjustments, *Mark Stephens*