

Recommended Reading List

Asana Practice and Technique

Hatha Yoga Illustrated by Martin Kirk
Relax and Renew by Judith Lasater
Light on Yoga by BKS Iyengar

Especially for the Ladies.....

The Women's Book of Yoga and Health by Linda Sparrowe
Yoga a Gem for Women by Geeta Iyengar
Yoga from the Inside Out by Christina Sell

Yoga Philosophy

The Upanishads- translations by Juan Mascaro or Eknath Easwaran are nice
The Hatha Yoga Pradipika –I like the translation put out by the Yoga Publications Trust
The Vijnanabhairava Tantra- Lorin Roche's Radiance Sutras is lovely
Tantra: The Path of Ecstasy by Georg Feurstien
Yoga, Immortality and Freedom by Mircea Eliade

Anatomy and Therapeutics

Anatomy of Movement by Blandine Calais Germain
Yoga for Arthritis by Ellen Saltonstall
Yoga for Depression by Amy Weintraub
Yoga for Transformation and Yoga for Wellness by Gary Kraftsow
Yoga as Medicine by Dr. Timothy McCall

Teaching Yoga

Teaching Yoga by Donna Farhi (Ethics)
Anusara Yoga Teacher Training Manual by John Friend

Meditation and Pranayama

Meditation for the Love of it Sally Kempton
Meditation Made Easy by Lorin Roche
The Yoga of Breath by Richard Rosen
Light on Pranayama by BKS Iyengar

Chakras & The Energetic Body

Wheels of Life by Anodea Judith
Eastern Body, Western Minda by Anodea Judith

Indian Epics, Ayurveda, & Living Yoga,

The Ramayana- Ramesh Menon
The Mahabharata by Ramesh Menon
My Stroke of Insight by Jill Bolte Taylor
A Path of Practice by Maya Tiwari
Bringing Yoga to Life by Donna Farhi