

REQUIRED READING LIST

Please note that you will need all books for reference during the teacher training

- The Yoga Sutras of Patanjali translation by Swami Satchidananda.
- The Bhagavad-Gita Stephen Mitchell
- Yoga Teacher Training Manual (provided by Tymi Howard Yoga)
- Perfect Health by Deepak Chopra
- Yoga Anatomy (Second Edition) by Leslie Kaminoff & Amy Mathews
- David Swenson Ashtanga Yoga Practice Manual
- Light on Yoga by BKS Iyengar
- Yoga Adjustments by Stephanie Pappas
- Secret Power of Yoga by Nischala Joy Devi
- Wheels of Light by Anodea Judith

RECOMMENDED READING:

- Meditations From The Mat by Rolf Gates
- Happy Yoga by Steve Ross
- Seven Spiritual Laws of Yoga by Deepak Chopra
- Living the Bhagavad Gita by Ram Das

OPTIONAL/ FURTHER READING:

Spiritual/Yoga

- The Yoga Tradition: Its History, Literature, Philosophy and Practice by Georg Feuerstein
- I Am That by Maurice Fryman/Sri Nisargadatta Maharaj
- Silence Speaks by Baba Hari Dass
- Silence of the Heart - Volumes I and II by Robert Adams The Bhagavad Gita
- Nothing Ever Happened (Trilogy) by David Godman
- From Onions to Pearls by Satyam Nadeen
- Wake Up and Roar by H.W.L. Poona
- The Holographic Universe (pages 59 to the end) Osho on Zen by Osho
- The Kabir Book by Robert Bly

Health

- How Long Do You Choose To Live? by Peter Ragnar (available only at roaringlionpublishing.com)
- Your Body's Many Cries for Water by F. Batmangheid
- Diet for a New America by John Robbins
- Conscious Eating by Gabriel Cousens, MD
- The Miracle of Fasting by Paul Bragg
- Sugar Blues by William F. Duft
- Sun Food Diet Healing System by David Wolfe

