

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
 - Perfect Health by Deepak Chopra
 - Yoga Anatomy (2nd Edit) by Leslie Kaminoff & Amy Mathews Anatomy of the Spirit by Caroline Myss
 - Prakruti: Your Ayurvedic Constitution by Robert Svoboda Ashtanga
 - Yoga Practice Manual by David Swenson
 - Light on Yoga by BKS Iyengar
 - The Complete Guide to Yin Yoga by Bernie Clark
 - Yoga Adjustments by Stephanie Pappas
- * YOGA TEACHER TRAINING**
- (provided by Tymi Howard upon arrival for training)

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

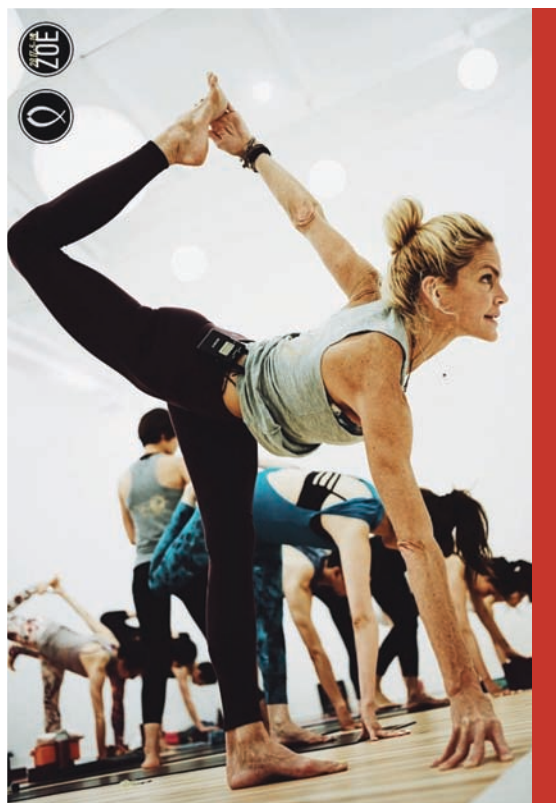
- The Yoga Tradition: Its History, Literature, Philosophy and Practice by Georg Feuerstein
- I Am That by Maurice Fryman/Sri Nisargadatta Maharaj Silence Speaks by Baba Hari Dass
- Silence of the Heart - Volumes I and II by Robert Adams The Bhagavad Gita
- Nothing Ever Happened (Trilogy) by David Godman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

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