

Required Reading List

Heart Of Yoga – T.V.Desikichar

Light On Yoga– B.K.S. Iyengar

The Yoga Sutras – Sri Swami Satchidananda

The Key Muscles of Hatha Yoga - Ray Long MD

Anatomy of Hatha Yoga - David Coulter

Suggested Reading List

Yoga And The Path Of The Urban Mystic – Darren Main

The Bhagavad Gita – Stephen Mitchell

The Tree Of Yoga – B.K.S. Iyengar

The Path To Holistic Health- B.K.S. Iyengar

Yoga Beyond Belief – Ganga White

The Yoga Tradition – George Feuerstein

The Spirit and Practice Of Moving Into Stillness – Eric Schiffman

Jivamukti Yoga – Sharon Gannon & David Life

Trail Guide to the Body 3rd Edition – Andrew Biel