



REQUIRED READING LIST

Ashaya Yoga® In-Depth Study/200-Hour Teacher Training

REQUIRED: *(All required books will be available for sale at the training.)*

Philosophy:

Tantra Illuminated, by Christopher Wallis

Light on the Yoga Sutras of Patanjali, by Edwin Bryant or B.K.S. Iyengar

The Bhagavad Gita, trans. by Stephen Mitchell, Juan Mascaro, or other

Meditation and Savasana:

Ecstatic Meditations For Enhanced Living, CD, by Todd Norian

Savasana: Guided Relaxations For Enhanced Living, CD, by Todd Norian

Anatomy/Kinesiology:

Key Muscles of Yoga, by Ray Long

RECOMMENDED:

Hatha Yoga:

Light on Yoga, by B.K.S. Iyengar

Yoga: The Iyengar Way, by S. Mehta

Relax and Renew, by Judith Lasater

Hatha Yoga Illustrated, by Martin Kirk and Brook Boone

The Runner's Yoga Book, by Jean Couch

Anatomy/Kinesiology:

Anatomy and Yoga, by Ellen Saltonstall

Trail Guide To the Body, by Andrew Biel

YogaBody, by Judith Lasater

Yoga Anatomy, by Leslie Kaminoff and Amy Matthews

Anatomy of Movement, by Blandine Calais-Germain

Illustrated Essentials of Musculo-Skeletal Anatomy, by Siegel and Adams

Key Poses for Hatha Yoga Vol. 2, by Ray Long

Atlas of Human Anatomy, by Frank Netter

Student Atlas of Anatomy, by Todd Olsen

Body Stories: A Guide to Experiential Anatomy, by Andrea Olsen

Rolfing, by Ida Rolf

Pranayama:

Light on Pranayama, by BKS Iyengar

Refining the Breath, by Doug Keller
The Breathing Book, by Donna Farhi

Meditation:

Meditation for the Love Of It, by Sally Kempton

Philosophy:

Poised for Grace, Commentary on the Gita, by Douglas Brooks on kindle
Exquisite Love, by Bill Mahony
Yoga Spandakarika, trans. by Daniel O'dier
The Radiance Sutras: A New Version of the Vijnana Bhairava Tantra, by Lorin Roche, PH.D.
The Triadic Heart of Shiva (Paratrishika -Iaghuvrtti), by Paul Muller-Ortega
Pratyabhijnahridayam, trans. by Jaideva Singh
The Stanzas on Vibration. trans. by Mark Dyczkowski
Siva Sutras, trans. by Lakshmanjoo, or Jaideva Singh
The Presence of Siva, by Stella Kramrisch
Hatha Yoga Pradipika, by Swami Vishnu-Devananda (Tr.) or Hans Reiker (The Yoga of Light)
The Four Desires, by Rod Stryker
The Yoga Tradition, by Georg Feuerstein

Additional Philosophy:

Kashmir Shivism: The Central Philosophy of Tantrism, by Kamalar Mishra
Jnaneshvari's A Song Sermon on the Bhagavadgita Vol. 1 and 2, by V.G. Pradhan (Tr.)
The Mahabharata, by William Buck (Tr.)
The Ramayana, by William Buck (Tr.)
Hanuman's Tale, by Philip Lutgendorf
Upanishads, by Patrick Olivelle
Shiva Samhita, by RBSC Basu
Gheranda Samhita, by RBSC Basu
The Shambhala Encyclopedia of Yoga, by Georg Feuerstein
The Shambhala Guide to Yoga, by Georg Feuerstein

Chakras:

Wheels of Life, by Anodea Judith
Eastern Body, Western Mind, by Anodea Judith
Waking the Global Heart, by Anodea Judith
Anatomy of the Spirit, by Carolyn Myss
The Chakras, by Leadbeater
Serpent Power, by Arthur Avalon

Music For Yoga and Relaxation:

Deep Peace: Music for Yoga and Relaxation, by Todd Norian
Bija: Music and Mantras for Yoga and Meditation, by Todd Norian
Shakti Fusion, by Todd Norian and Friends
Tejase: The Essence of Illumination, by Todd Norian
Ocean of the Heart, by Todd Norian
Voice of the Esraj, by Benjy Wertheimer
Sri, by Benjy Wertheimer
Liquid Silk, by Marina Raye

Women's Yoga:

Yoga for Pregnancy, by Sandra Jordan
The Woman's Book of Yoga & Health, by Linda Sparrowe and Patricia Walden
Yoga: A Gem for Women, by Geeta Iyengar
Yoga Mama: The Practitioner's Guide to Prenatal Yoga, by Linda Sparrowe
Preparing for Birth and Yoga, by Susan Balaskas

Therapeutics:

Yoga for Osteoporosis, by Loren Fishman and Ellen Saltonstall
Yoga for Arthritis, by Loren Fishman and Ellen Saltonstall

Ethics:

The Ethics of Caring, by Kylea Taylor and Jack Kornfield

Poetry:

Go In and In, by Danna Faulds
Prayers to the Infinite, by Danna Faulds
From Root to Bloom, by Danna Faulds
Limitless, by Danna Faulds
The Essential Rumi, by Coleman Barks
Poetry by Mary Oliver
To Bless the Space Between Us, by John O'Donohue

Buddhist Teachings and Meditation:

A Path With Heart, by Jack Kornfield
Loving Kindness, by Sharon Salzberg
A Gradual Awakening, by Stephen Levine
The Miracle of Mindfulness, by Thich Nhat Hanh
Insight Meditation, by Joseph Goldstein
Seeking the Heart of Wisdom, by Joseph Goldstein and Jack Kornfield
What the Buddha Taught, by Walpola Rahula
Wherever You Go, There You Are, by Jon Kabat-Zinn