REQUIRED READING LIST
Ashaya Yoga® In-Depth Study/200-Hour Teacher Training, 2015/16

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 B.K.S. Iyengar, Georg Feuerstein, or Edwin Bryant
The Bhagavad Gita, trans. by Juan Mascaro, Stephen Mitchell, 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
The Heart of Yoga, by Desikachar
Relax and Renew, by Judith Lasater
Yoga: Moving Into Stillness, by Eric Schiffman
Hatha Yoga Illustrated, by Martin Kirk and Brook Boone
The Runner’s Yoga Book, by Jean Couch

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 -laghuvrtti), by Paul Muller-Ortega
Pratyabhijnahrdayam, 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 Shavism: 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

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

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

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
A Time to Align, by Sue Elkind

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

Anatomy/Kinesiology:
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 Sieg 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

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

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
Poetry by John O'Donohue

Other Related Yoga Books:
Back Care Basics, by Mary Pullig Shatz
Bodymind, by Ken Dychtwald
A Year To Live, by Stephen Levine
Yoga and the Quest for the True Self, by Stephen Cope
The Wisdom of Yoga, by Stephen Cope
The Great Work of Your Life, by Stephen Cope