

## 2009 Yogi Way Teacher Training Reading List

*(list of bookstores included below)*

### ***Required Reading:***

The Heart of Yoga, by TKV Desikarchar

Light on Yoga, by B.K. S Iyengar

The Yoga Sutras of Patanjali, by Bernard Bouanchaud

Yoga Sutra Workshop book by Vyaas Houston

Siva Samhita, by Srisa Chandra Vasu

Geranda Samhita, by James Mallinson

Upanishads, by Penguin Classics

Hatha Yoga Pradipika, by Bihar School of Yoga

Moola Bandha: The Master Key, by Swami Buddhananda

Bhagavad Gita, by Eknath Easwaran, Ghandi, or any author

Yoga and the Sacred Fire, by David Frawley

The Language of Yoga, by Nicolai Bachman's

### ***Recommended Reading:***

Science of Breathe, by Swami Rama, Rudlph Ballentine, MD, Alan Hymes, MD

Yoga and Ayurveda: Self-healing and Self-realization, by David Frawley

The Complete Book of Vinyasa Yoga, by Srivatsa Ramaswami

Ramayana, by William Buck

Mahabarata, by William Buck

Yoga Nidra, by Swami Satyananda Saraswati

Awakening the Spine, by Vanda Scaravelli

Health, Healing and Beyond, by TKV Desikarchar

Yantra, by Madhu Khanna

Chakras, by Harish Johari

Mudra: Yoga in Your Hands, by Gertrud Hirschi

The Tree of Yoga, by B.K.S. Iyengar

Aghora II Kundalini, by Robert Svoboda

Yoga: Tradition of Unification, by Andrey Lappa (*available at [www.universalyogashop.com](http://www.universalyogashop.com)*)

Pranayama Beyond Foundation, by Richard Rosen

Reflections on the Art of Living, A Joseph Campbell Companion, edited by Diane K. Osbon

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Anatomy of Movement, by Blandine Calais-Germain

Yoga Anatomy, by Leslie Kaminoff

The key muscles of Hatha Yoga, by Ray Long

Anatomy of Movement, Blandine Calais-Germain

### ***Where to get your books:***

We recommend the following sources to purchase (or borrow) your Teacher Training books. Many of the above texts are available as downloadable PDF's on the internet. When purchasing your books, we highly encourage you to support your local new & used bookstores. (Many of these places will also special order books for you.)

Seattle Public Library	<a href="http://www.spl.org">www.spl.org</a>
Bailey Coy Books	<a href="http://baileycoybooks.com">baileycoybooks.com</a>
East West Bookshop	<a href="http://eastwestbookshop.com">eastwestbookshop.com</a>
Fremont Place Books	<a href="http://fremontplacebooks.com">fremontplacebooks.com</a>
Elliot Bay Book Company	<a href="http://elliottbaybook.com">elliottbaybook.com</a>
Barnes & Noble	<a href="http://Barnesandnoble.com">Barnesandnoble.com</a>
Amazon.com	
Half.com	
Ebay.com	