

Akhanda YTT 300 (100-hour Modules) Reading List

Please purchase and read the books identified for your specific YTT 100 prior to the teacher training program, and bring them along with you when you come to the program! You will receive manuals at the Program. For your information, the YTT 300 Reading List for ongoing learning has been added below.

Ayurveda and Conscious Living

Frawley, David (1995). *Yoga and Ayurveda*. Twin Lakes: Lotus.

Shiva Shakti Power: A Classical Kundalini Training

Frawley, David (1994). *Tantric Yoga and the Wisdom of the Goddess*.

Meditation: A Hatha Raja Teacher Training

Cope, Stephen (2006). *The Wisdom of Yoga*. New York: Bantam Books.

Cope, Stephen (2012). *The Great Work of Your Life*. New York: Bantam Books.

Stephen Mitchell (2000). *Bhagavad Gita: A New Translation*. New York: Three Rivers Press.

Power of Posture: Asana and Assisting

Lasater, Judith Hanson (2009). *Yoga Body: Anatomy, Kinesiology and Asana*.

Vishvketu, Yogrishi (2015) *Yogasana: The Encyclopedia of Yoga Poses*. San Rafael: Mandala Publishing. This book can be purchased at the ashram upon arrival for 600 rupees or from Amazon.com, Amazon.ca, or Amazon.co.uk (\$29 USD)

Recommended Reading for a Lifetime

After reading the required texts, the selections with the **asterix would be very useful to read prior to the 500-hour teacher training course - *asterix would be interesting either before or directly after the training.

Anatomy /Asana

*Stiles, Mukunda (2002). *Structural Yoga Therapy: Adapting to the Individual*.

Aldous, Susi Hatley (2004). *Anatomy and Asana: Preventing Yoga Injuries*.
(www.anatomyandasana.com – located in Calgary, AB, CANADA)

**Lasater, Judith. *Relax and Renew: Restful Yoga for Stressful Times*.

Prenatal/Postnatal

Balaskas, Janet (1994). *Preparing for Birth with Yoga*. Shaftesbury: Element.

England, Pam & Rob Horowitz (1998). *Birthing From Within*. Albuquerque: Partera Press.

Larson, Jyothi (2002). *Yoga Mom, Buddha Baby*. New York: Bantam.

Staton, Laura (2002). *Baby OM: Yoga for Mothers and Babies*. Owl Press.

Teasdale, Wendy (2000). *Yoga For Pregnancy*. Chicago: Contemporary Books.

Yoga for Kids

Yoga for Kids by Liz Lark and *Yogakids* by Marsha Wenig

Ancient Texts and Yoga Theory

**Desai, Gita (2004). *Yoga Unveiled (DVD)*. www.yogaunveiled.com, Disc 1

Devi, Nischala Joy (2007). *The Secret Power of Yoga for Women*. New York: Three Rivers Press

*Easwaran, Eknath (1987). *The Upanishads*. Tomales: Nilgiri Press.

*Farhi, Donna (2000). *Yoga Body, Mind and Spirit: A Return to Wholeness*. New York: Henry Holt and Company.

*Farhi, Donna (1996). *The Breathing Book*: New York: Henry Holt and Company.

**Feuerstein, Georg (2002). *The Yoga Tradition: Its History, Literature, Philosophy and Practice*.

Frawley, David (1994). *Tantric Yoga and the Wisdom of the Goddess*.

**Lasater, Judith (2000). *Living Your Yoga: Finding the Spiritual in Everyday Life*. Berkeley: Rodmell Press.

*Muktibodhananda, Swami (1998). *Hatha Yoga Pradipika*. Munger: Bihar School of Yoga.

*Rama, Swami (1986). *Path of Fire and Light volume 1: Advanced Practices of Yoga*. Honesdale: Himalayan International Institute.

Satyananda Saraswati, Swami (1984). *Kundalini Tantra*. Bihar School of Yoga.

Sivananda, Swami (2001). *Kundalini Yoga*. Shivanandanagar: Divine Life Society.

*Vivekananda, Swami (1923). *Raja Yoga*.

Mindfulness and Meditation

Kabat-Zin, Jon (1995). *Wherever You Go, There You Are: Mindfulness meditation in everyday life*. Little Brown.

Khalsa, Dharma Singh and Cameron Stauth (2002). *Meditation as Medicine*. New York: Fireside.

Ethics

**Farhi, Donna (2006). *Teaching Yoga: Exploring the Teacher-Student Relationship*. Berkley: Rodmell Press.

Taylor, Kylea (1995). *The Ethics of Caring*. Santa Cruz: Hanford Mead Publishers.

Nutrition

Robbins, John (1998). *Diet for a New America*.

Sivananda Yoga Vedanta Centres (1999). *The Yoga Cookbook*. New York: Fireside.

*Vesanto, Melina et al (2003). *The New Becoming Vegetarian*. Summertown: Healthy Living Publications.

Ayurveda

**Frawley, David (1995). *Yoga and Ayurveda*. Twin Lakes: Lotus.

Frawley, David (1996). *Ayurveda and the Mind*. Twin Lakes: Lotus.

*Maya Tiwari's Ayurveda: *A Life of Balance and Path of Practice for Women's Health*.

Morningstar, Amadea (1995). *Ayurvedic Cooking for Westerners*. Twin Lakes: Lotus.

Biography

*Cope, Stephen (1999). *Yoga and the Quest for the True Self*. New York: Bantam.

*Mackenzie, Vicki (1998). *Cave in the Snow: A Western Woman's Quest for Enlightenment*. London: Bloomsbury.

*Rama, Swami (1998). *Living with the Himalayan Masters*. Honesdale: Himalayan International Institute.

*Yogananda, Paramahansa (1993). *Autobiography of a Yogi*. Los Angeles: Self-Realization Fellowship.

Yoga-related State-of-mind and Healing

*Chodron, Pema (1994). *Start Where You Are: A Guide to Compassionate Living*. Boston: Shambhala.

Myss, Caroline (1996). *Anatomy of the Spirit: The Seven Stages of Power and Healing*. New York: Three Rivers Press.

Weil, Andrew (1995). *Spontaneous Healing*. New York: Ballantine.

Poetry

Tagore, Rabindranath (2002). *Songs of Kabir*. Boston: Weiser.