



Recommended Readings (Pick one for your book review)

Desikachar, TKV. The Heart of Yoga: Developing a Personal Practice. Inner Traditions International, Rochester, Vermont (1999)

Farhi, Donna. The Breathing Book: Good Health and Vitality Through Essential Breath Work. Henry Holt, New York, NY (1996)

Freeman, Richard. The Mirror of Yoga: Awakening the Intelligence of Body and Mind. Shambhala; (2010)

Gates, Rolf. Meditations from the Mat: Daily Reflections on the Path of Yoga. Anchor. (2002)

Hewitt, James. Complete Yoga Book. Schocken Books. London (1977).

Iyengar, BKS. Light on the Yoga Sutras of Patanjali, South Asia Books; (1993)

Iyengar, BKS. The Tree of Yoga. Shambhala Publications, Boston, MA (1988)

Lasater, Judith. Living Your Yoga. Rodmell Press. Berkeley, CA (1999)

Lasater, Judith. Relax and Renew. Rodmell Press. Berkeley, CA (1995)

Main, Darren. Yoga and the Path of the Urban Mystic. iUniverse Inc. Lincoln, NE (2007).

Roach, Michael. How Yoga Works. Diamond Cutter Press (2005)

Ross, Steve. Happy Yoga: 7 Reasons Why There's Nothing to Worry About. Harper Collins. New York (2003)

Schiffman, Erich. Yoga: The Spirit and Practice of Moving Into Stillness.

Sri Swami Satchidananda. The Living Gita: The Complete Bhagavad Gita – A Commentary for Modern Readers. Integral Yoga Publications (1997)

Sri S. Satchidananda. The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras by Sri Swami Satchidananda. Integral Yoga Publications (1990).

Swami Vishnu-devananda, The Complete Illustrated Book of Yoga. (1960) Three Rivers Press: New York, NY.

Swami Rama. Path of Fire and Light. Himilayan Institute Press, Honesdale, PA (2004)

Swami Rama. Meditation and Its Practice. Himilayan Institute Press, Honesdale, PA

Yogananda, Paramahansa. Autobiography of a Yogi. Self Realization Fellowship Publishers (1979).

Recommended Reference Books (for your yoga library – these are not for your book review):

Calais-Germain, Blandine & Lamotte, Andree. Anatomy of Movement. Eastland Press, Seattle, Washington (1991)

Christensen, Alice. The American Yoga Association's Beginner's Manual. American Yoga Association, New York, NY (2002)

Coulter, David. Anatomy of Hatha Yoga: A Manual for Students, Teachers and Practitioners, Body and Breath, Inc., Honesdale, PA (2001)

Iyengar, BKS. Light on Pranayama: The Yogic Art of Breathing. Crossroad Publishing Company, New York, NY (2004)

**Kapit, Wynn & Elson, Lawrence. The Anatomy Coloring Book: 3rd Edition. Pearson Education, Glenview, IL (2002)

Kraftsow, Gary. Yoga for Wellness. Penguin Press. New York (1999)

Schatz, Mary Pullig, MD. Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief

Silva Mira & Shyam Mehta. Yoga The Iyengar Way. Alfred A Knopf, New York, NY (2003)

Stiles, Mukunda. Structural Yoga Therapy. Weiser Books, Boston, MA (2000)

Swenson, David. Ashtanga Yoga: The Practice Manual. Ashtanga Yoga Productions, Austin, TX (1999)

The Sivananda Yoga Center. The Sivananda Companion to Yoga. Simon & Schuster, New York, NY (1983)

** The Anatomy Coloring Book is used for your anatomy assignments