



REQUIRED READING LIST FOR 200 HOUR TEACHER TRAINING

Ashtanga Yoga: Practice and Philosophy Gregor Maehle

Ashtanga Yoga Practice Manual David Swenson (we have copies at the studio)

Yoga Mala Sri. K. Pattabhi Jois

Yoga Anatomy (Second Edition) Leslie Kaminoff

Scientific Keys Volume 2: The Key Muscles of Yoga Ray Long

***Yoga Sutras...Path to Enlightenment** Vyaas Houston (Sanskrit Institute)

Not Required, but Strongly Recommended:

Astanga Yoga As It Is Matthew Sweeney

Light On Yoga B.K.S. Iyengar

Astanga Yoga Sri K. Pattabhi Jois / Lino Mehle

(can be purchased at Ashtanga.com)

The Yoga Tradition: Its History, Literature, Philosophy and Practice Georg Feuerstein

PLEASE NOTE:

You will need these books for the beginning of the Training, but there will be no need to pre-read selections, unless you choose to.

David Swenson Practice Manual ...\$30

Yoga Mala.....\$13