



Required and Recommended Reading List

Here is your required and suggested reading list.
There are many options to choose from.
Delve into what interests you, and you'll find as
you evolve, different books and different authors, will involve you!

You have brains in your head. You have feet in your shoes.
You can steer yourself any direction you choose.
You're on your own. And you know what you know.
And YOU are the one who'll decide where to go. -- Dr. Seuss

Required & Recommended Reading List

Here is your required and suggested reading list. There are many options to choose from. Delve into what interests you, and you'll find as you evolve, different books and different authors, will involve you!

Required Reading: From the following three categories, select two books (they must be from different categories) and then write a 250 word minimum reflection on what you have read. The categories to choose from are:

- **Yoga Philosophy and Lifestyle**
- **Introspection and Meditation**
- **Energy**

If you choose to do so, you can replace one of the reading categories with viewing one of the films from the category below and writing your reflection on that. If you choose to do this, you will need to also read one book and submit the reflection as well.

***Please note that The Four Agreements is required reading before the course and does not count toward your writing reflection.**

Please also purchase (via e-book or hard copy) a copy of the following and bring it with you to the training:

The Bhagavad Gita: A Walkthrough for Westerners by Jack Hawley.

Yoga Philosophy and Lifestyle

Pick 1 of the following and read at least one-half of each book. What did you learn? What questions came up for you? What interested you? What confused you? Can you relate this to your own practice, on and off the mat? Write 250 words minimum.

- Hatha Yoga Pradipika, by Swami Muktibodhananda, Bihar School of Yoga
- Light on Yoga: Yoga Dipika, B. K. S. Iyengar (Author), Yehudi Menuhin (Foreword)
- The Heart of Yoga, Desikachar
- Beyond Power Yoga, Beryl Bender Birch
- Yoga and Psychotherapy: The Evolution of Consciousness, Swami Rama, Rudolph Ballentine, Swami Ajaja. Honesdale
- The Yoga Tradition of the Mysore Palace, N.E. Sjoman
- Yoga Body: The Origins of Modern Posture Practice, Mark Singleton
- Touched by Fire by Pandit Rajmani Tigunait
- Yoga and Ayurveda by Dr. David Frawley
- Yoga Mind, Body and Spirit. A Return to Wholeness, Donna Farhi
- Ayurveda, the Science of Self Healing, Vasant Lad
- The Bhagavad Gita: there are many good editions available.
- The Yoga Sutras of Patanjali: there are many good editions available.
- Yoga as Medicine by Timothy McCall
- Prakriti, Your Ayurvedic Constitution by Robert Svoboda
- Yoga, Meditation and the Workings of the Brain by Richard Mendius
- Yoga Taravali, English Translation and Commentary by TKV Desikachar and Kaustub

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Desikachar

- The Spirit and Practice of Moving into Stillness, Erich Schiffmann
- Insight Yoga, Sarah Powers
- Science and the Evolution of Consciousness, Dr. Hiroshi Motoyama
- Yoga: A Gem for Women, Geeta Iyengar
- The Essence of Yoga-Reflections on the Yoga Sutras of Patanjali, Bernard Bouanchard
- Vagina: A New Biography, Naomi Wolf
- The Story of India (video) with Michael Wood, BBC
- Yoga Sutras of Patanjali, Chip Hartranft
- The Origins and Practices of Yoga: A Weeny Introduction, Matthew Clark
- Changing Minds. Mind, Consciousness and Identity in Patanjali's Yoga-Sutra and Cognitive Neuroscience, Michele M. Desmarais
- The Yamas and Niyamas: Exploring Yoga's Ethical Practice, Deborah Adele

Anatomy

These will be great references for you once you start teaching and are references for your own teaching. No required reading or writing.

- The Key Muscles of Yoga, Ray Long
- Anatomy of Movement, Blandine Calais-German's
- Anatomy for Yoga with Paul Grilley (DVD)
- Scientific Keys Volume 1: The Key Muscles of Hatha Yoga, Ray Long
- Anatomy of Hatha Yoga, by H. David Coulter
- Anatomy of Movement, by Blandine Calais-Germain
- Anatomy Trains, Tom Meyers
- No-Risk Abs: A Safe Workout Program for Core Strength, by Blandine Calais-Germain
- The Genius of Flexibility, Bob Cooley
- The Endless Web - Fascial Anatomy and Physical Reality, Louis Schultz and Rosemary Feitis
- Yoga for your Type, David Frawley and Ramaswami
- Structural Yoga Therapy, Mukunda Styles

Craniosacral Therapy

Here are some reference books to familiarize yourself with different approaches to Craniosacral Therapy. For your perusal only. No required reading or writing.

- The Heart of Listening, Vol 1, Hugh Milne
- Wisdom in the Body: The Craniosacral Approach to Essential Health, Michael Kern
- Craniosacral Biodynamics: The Breath of Life, Biodynamics, and Fundamental Skills, Volume 1, Franklyn Sills
- Craniosacral Biodynamics: The Breath of Life, Biodynamics, and Fundamental Skills, Volume 2, Franklyn Sills
- Biodynamic Craniosacral Therapy, Michael J. Shea
- Somato Emotional Release: Discovering the Language of Life, Upledger
- Your Inner Physician and You, Upledger

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Introspection and Meditation

Please choose 1 book and read at least half the book. Write 250 words minimum on your reaction to your chosen book and how it applies to your life off the mat.

- The Four Agreements: A Practical Guide to Personal Freedom, A Toltec Wisdom Book, Don Miguel Ruiz. : This book is your required reading BEFORE the course and does not count as homework after the course.
- The Seat of the Soul, Gary Zukav
- Eight Mindful Steps to Happiness: Walking the Buddha's Path, Bhante Henepola Gunaratana
- A Path with Heart: A Guide Through the Perils and Promises of Spiritual Life, Jack Kornfield
- Only Don't Know: Selected Teaching Letters of Zen Master Seung Sahn
- Awakening the Buddha Within, Lama Surya Das
- Shambala: The Sacred Path of the Warrior, Chogyam Trungpa
- There is Nothing Wrong with You, Cheri Huber
- Mindfulness in Plain English, Bhante Gunaratana
- The Exquisite Risk, Mark Nepo
- Facing the Lion, Being the Lion, Mark Nepo
- A New Earth, Eckhardt Tolle
- The Tibetan Book of the Dead (The Great Book of Natural Liberation Through Understanding in the Between) Padma Sambhava (Compiler), Robert Thurman (Translator), The Dalai Lama (Foreword), Karma Lingpa (Collaborator)
- Soul Without Shame, A Guide to Liberating Yourself from the Judge Within, Byron Brown
- Your Fundamental Power, Caroline Myss from Sounds True. (You can also order the DVD off of Carolyn Myss website: <http://store.myss.com/>)
- The Mastery of Love, Don Miguel Ruiz

Energy

Pick 1 book and read at least one-half of it of it. Write 250 words minimum on what you have learned and what questions may have come up.

- Anatomy of the Spirit: The Seven Stages of Power and Healing, Caroline Myss and/or Energy Anatomy: The Science of Personal Power, Spirituality, and Health, Caroline Myss.
- Hands of Light, Barbara Ann Brennan
- Shaman, Healer, Sage: How to Heal Yourself and Others with the Energy of the Americas, Alberto Villoldo PhD
- Bioenergetics, Alexander Lowen
- Esoteric Anatomy: The Body as Consciousness, Bruce Burgur
- Eastern Body Western Mind, Psychology and the Chakra System as a Path to the Self, Anodea Judith
- Healing with Form, Energy and Light, Tenzin Wangal Rinpoche
- Feeding your Demons: Ancient Wisdom for Resolving Inner Conflict, Tsultrim Allione
- The Subtle Body: An Encyclopedia of Your Energetic Anatomy, Cyndi Dale

Your required reading and writing is due within one year of the graduation date of the training.

Any late submissions result in a fee of \$108USD for each year of late submission. A percentage

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of this late fee goes to charity.

Films

- DVD: BBC Serial of 6 Parts “The Story of India” by Michael Wood (available on Amazon, etc)
- Yoga Unveiled, Evolution and Essence of a Spiritual Tradition
- Doing Time, Doing Vipassana
- Fierce Grace – Ram Dass
- I Am
- The Power of the Heart
- The Connection
- Naked in Ashes
- Breath of the Gods: A Journey to the Origins of Modern Yoga
- Awake: The Life of Yoganandya
- Yoga Women

Suggested Readings - Not listed in order of importance

Yoga

- A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya, Swami Satyanand Saraswati
- Moola Bandha, Swami Satyananda Saraswati
- Yoga Nidra, Swami Satyananda Saraswati
- Asana Pranayama Mudra Bandha, Swami Satchinanda, Bihar School of Yoga
- Science of Breath, Swami Rama, Rudolph Ballentine, Alan Hymes. Honesdale
- Healing Back Pain: The Mind-Body Connection, John E. Sarno
- Yoga For Scoliosis Booklet, Elise Browning Miller's manual "Yoga for Scoliosis"
- New Edition: Therapeutic Yoga Poses for Scoliosis, includes all poses in the video (you can buy online)
- Yoga for Pregnancy, Sandra Jordan
- Teaching Yoga, Essential Foundations and Techniques, by Mark Stephens
- Yoga Sequencing: Designing Transformational Classes, Mark Stephens
- The Complete Guide to Yin Yoga, Bernie Clark

Energy/Shamanism

- The Creation of Health: The Emotional, Psychological, and Spiritual Responses that Promote Health and Healing, Norman Shealy, Caroline Myss
- The Dancing Wu Li Masters: An Overview of the New Physics, Gary Zukav
- The Field, Lynne McTaggart
- Vibrational Medicine, Richard Gerber
- Transpersonal Medicine: The New Approach to Healing Body, Mind, Spirit, G. Frank Lawlis
- Shaman, Healer, Sage: How to Heal Yourself and Others with the Energy Medicine of the Americas, Alberto Villoldo
- The Web That Has No Weaver, Ted Kaptchuck

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Introspection

- Eastern Body Western Mind, Psychology and the Chakra System as a Path to the Self, Anodea Judith
- The Little Prince , Antoine de Saint-Exupéry and Richard Howard
- The Giving Tree, Shel Silverstein
- Real Food, Nina Planck
- Revolution from Within: A Book of Self-Esteem, Gloria Steinem
- Celestial Gallery, Ian A. Baker
- Any book by Neville Goddard
- Carefree Dignity, Tsoknyi Rinpoche
- Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom, Rick Hanson
- The Sexual Practices of Quodoushka: Teachings from the Nagual Tradition, Amara Charles
- Blood, Bread, and Roses by Judy Grahn