

Reading List

REQUIRED BOOKS: In preparation *please purchase or obtain on loan* the books below and be reading them in the *order listed*, either as hard copies or electronic versions on your e-reader or tablet device:

1. The Four Agreements by Don Miguel Ruiz*
2. How We Choose To Be Happy: The 9 Choices of Extremely Happy People by Rick Foster + Greg Hicks*
3. Living Your Yoga: Finding the Spiritual in Everyday Life by Judith Lasater*
4. Yoga: The Spirit and Practice of Moving Into Stillness by Erich Schiffmann
5. **The Yamas & Niyamas: Exploring Yoga's Ethical Practice by Deborah Adele**
6. The Complete Book of Ayurvedic Home Remedies by Vasant Lad
7. Wheels of Light by Anodea Judith
8. **Yoga for Wellness by Gary Kraftsow**
9. Teaching Yoga: Exploring the Teacher-Student Relationship by Donna Farhi
10. The Key Muscles of Hatha Yoga: Scientific Keys Volume 1 by Dr Ray Long
11. **The Secret Power of Yoga by Nischala Joy Devi**

*Please read before training

Pack hard copy for immersion

You are REQUIRED to bring the following books (hard copy) with you to training:

1. *Yoga for Wellness* by Gary Kraftsow
2. The Yamas & Niyamas: Exploring Yoga's Ethical Practice by Deborah Adele
3. *The Secret Power of Yoga* by Nischala Joy Devi

RECOMMENDED BOOKS:

The Heart of Yoga: Developing A Personal Practice by T.K.V. Desikachar

Yogi Bare by Philip Self

Yoga from the Inside Out by Christina Sell

A Path With Heart: A Guide through the Perils and Promises of Spiritual Life

Wherever You Go There You Are by Jack Kornfield

The Language of Yoga by Nicolai Bachman

Yoga and the Quest for the True Self by Stephen Cope

Anatomy Coloring Book

Visit www.alchemyofyoga.com for additional recommendations categorized by Meditation, Hatha Yoga, Pranayama, Ayurveda + Nutrition, Teaching, Mantra + Chant, Tantra, Spirituality, Astrology, Anatomy & Physiology, Inspiration, and Poetry.