

RYT READING LIST

REQUIRED TEXTS

The Heart of Yoga:

Developing a Personal Practice:

T. K. V. Desikachar

Ashtanga Yoga “The Practice Manual”

David Swenson

Yoga the Iyengar Way

Silva, Mira & Shyam Mehta

Light on Yoga

B.K.S Iyengar

Light on the Yoga Sutras of Patanjali

B.K.S. Iyengar

Anatomy of Hatha Yoga

H. David Coulter

The Seven Spiritual Laws of Yoga

Deepak Chopra

SUGGESTED READING

The Breathing Book

Donna Farhi

Yoga for Wellness

Gary Kraftsow

Beyond Power Yoga

Beryl Bender Birch

Meditations from the Mat

Rolf Gates

Perfect Health

Deepak Chopra

Full Catastrophe Living

Jon Kabat-Zinn

Coming to Our Senses

Jon Kabat-Zinn