

The Yoga Loft  
RYT Reading List

**REQUIRED TEXTS**

*The Heart of Yoga:  
Developing a Personal Practice:*  
**T. K. V. Desikachar**

*Yoga the Iyengar Way*  
**Silva, Mira & Shyam Mehta**

*Ashtanga Yoga "The Practice Manual"*  
**David Swenson**

*Light on Yoga*  
**B.K.S Iyengar**

*Light on the Yoga Sutras of Patanjali*  
**B.K.S. Iyengar**

*Teaching Yoga*  
**Donna Farhi**

*Yoga Anatomy*  
**Leslie Kaminoff**

*The Seven Spiritual Laws of Yoga*  
**Deepak Chopra**

**SUGGESTED READING**

*The Breathing Book*  
**Donna Farhi**

*Full Catastrophe Living*  
**Jon Kabat-Zinn**

*Yoga for Wellness*  
**Gary Kraftsow**

*Coming to Our Senses*  
**Jon Kabat-Zinn**

*Beyond Power Yoga*  
**Beryl Bender Birch**

*Anatomy of Hatha Yoga*  
**H. David Coulter**

*Perfect Health*  
**Deepak Chopra**

*The Seven Spiritual Laws of Yoga*  
**Deepak Chopra**