

**YOGA ASSOCIATION OF ALBERTA**

**READING LIST**  
**Currently Under Revision**

For YAA Hatha Yoga Teacher Training Program in Coordination with the Syllabus (subject to change).

**I. REQUIRED (Minimum of one book report from this section.)**

- T.K.V. Desikachar, *The Heart of Yoga, Developing a Personal Practice*
- B.K.S. Iyengar, *Light on Yoga*
- B.K.S. Iyengar, *Light on Pranayama*
- B.K.S. Iyengar, *The Tree of Yoga*
- Geeta S. Iyengar, *Yoga, A Gem for Women*
- Lucy Lidell with Narayani & Giris Rabinovitch, *Sivananda Companion to Yoga*
- Swami Rama, *Joints and Glands Exercise Book*
- Swami Rama, Rudolph Ballentine, MD., Alan Hymes, MD, *Science of Breath*
- Eric Schiffmann, *Moving Into Stillness*

**ANATOMY:** All teachers should know the basic skeletal system, the large and important muscles of the body, the main organs and their functions and have a general understanding of the joints and other systems of the body. One or more of the following sources are suggested for that purpose:

- Edward Alcamo, *Anatomy Colouring Book*
- Blandine Calais-Germain, *Anatomy of Movement*
- H. David Coulter, *Anatomy of Hatha Yoga*
- Wynn Kapit & Lawrence M. Elson, *The Anatomy Colouring Book*
- Elaine Marieb, *Human Anatomy & Physiology*
- Philip J. Rasch, ed., *Kinesiology and Applied Anatomy*
- Gerard J. Tortora, *Principles of Anatomy and Physiology*

**YOGA SUTRAS OF PATAÑJALI:** select from one of these recommended texts or choose one of your own with the approval of your Senior Teacher:

- Roy Eugene Davis, *Life Surrendered in God*
- T.K.V. Desikachar, *Reflections on Yoga Sutras of Patanjali*
- Georg Feuerstein, *The Yoga-Sutras of Patañjali*, trans. and commentary
- B.K.S. Iyengar, *Light on the Yoga Sutras of Patañjali*
- Barbara Stoller Miller, *Yoga: Discipline of Freedom*, trans. and commentary
- Swami Prabhavanda & Christopher Isherwood. *How to Know God*
- Rama Prasada, trans., *The Aphorisms of Yoga: Patañjali's Yoga Sutras*, with the Commentary of Vyasa & the Gloss of Vachaspati Misra
- Fernando Tola and Carmen Dregonetti, *The Yogasutras of Patañjali: On Concentration of Mind*, Part 1, 'Samadhi Pada', trans. K.D. Prithipaul

**BHAGAVAD GITA:** select from one of these recommended texts or choose one of your own with the approval of your Senior Teacher:

- Roy Eugene Davis, *The Eternal Way*, Translation of Bhagavad Gita
- Barbara Stoller Miller, *Bhagavad-Gita: Krishna's Council in Time of War*
- Swami Nikhilananda, trans., *The Bhagavad Gita, or Song of the Lord*
- Swami Prabhavananda and Christopher Isherwood, *The Song of God* (Bhagavad-Gita)
- S.Radhakrishnan, *The Bhagavad Gita*
- Swami Rama, *The Perennial Psychology of the Bhagavad Gita*
- Alladi Mahadeva Sastri, trans., *The Bhagavad Gita, with Text, Translation and Commentary by Sri Shankaracharya*
- Mitchell, Stephen, *Bhagavad Gita*

## II. RECOMMENDED (Maximum of two book reports from this section)

### PHILOSOPHY & PSYCHOLOGY (suggested editions):

#### Upanishads

- Juan Mascaro, *Upanishads*
- S. Radhakrishnan, trans. & ed., *The Principal Upanishads*
- Thomas Wyatt, *Upanishads*, trans. Juan Mascaro

Other notable complete multi-volume editions may be available through university or local libraries. See especially those by Max Müller and Joseph Campbell.

#### Other

- Mircea Eliade, *Yoga: Immortality and Freedom*, trans. Willard Trask
- Georg Feuerstein, *The Shambhala Encyclopedia of Yoga*
- Georg Feuerstein, *The Lost Teachings of Yoga* (Audio Book)
- B.K.S. Iyengar, *Light on Life*
- Jack Kornfield, *A Path with Heart, a Guide Through the Perils and Promises of Spiritual Life*
- Mira Mehta, *Yoga Explained*
- Swami Nikhilananda, *Vivekananda: the Yogas and Other Works*, includes Vivekananda's commentaries on Jñāna, Karma, Bhakti & Raja yoga, which are also available in separate books
- S. Radhakrishnan, *Indian Philosophy*, vol. 1 & 2
- Swami Rama, Rudolph Ballentine, M.D. Swami Ajaya, Allen Weinstock, PhD, *Yoga and psychotherapy: the evolution of consciousness*
- Swami Rama, *Lectures on Yoga*
- Shunryu Suzuki, *Zen Mind, Beginner's Mind*

The following multi-volume texts are available through university and public libraries: Max Müller, *The Six Systems of Indian Philosophy*; C.G. Jung, *Psychology and the East* included in *Complete Works*.

### TEACHING RESOURCES

- Rajiv and Swati Chanchani, *Yoga for Children: A Complete Illustrated Guide to Yoga*
- Jean Couch, *The Runner's Yoga Book*
- George Feuerstein, *Sacred Paths*
- Sandra Jordan, *Yoga for Pregnancy*
- Judith Lasater, PhD, P.T., *Relax and Renew: Restful yoga for Stressful Times*
- Kit Laughlin, *Overcoming Neck and Back Pain*
- Mira Mehta, *How to Use Yoga*
- Silva, Mira & Shyam Mehta, *Yoga: The Iyengar Way*
- Christine Northrup MD, *Women's Bodies, Women's Wisdom*
- Ken O'Donnell, *Pathways to Higher Consciousness*
- Swami Radha, *Hatha Yoga: the Hidden Language*
- Vanda Scaravelli, *Awakening the Spine*
- Mary Pollig Schatz, M.D., *Back Care Basics*

### AYURVEDA

- Dr. David Frawley, *Ayurvedic Healing*
- Dr. Vasant Lad, *The Science of Self-Healing*
- Dr. Robert Svoboda, *Prakriti, Your Ayurvedic Constitution*