

YOGA ASSOCIATION OF ALBERTA

READING LIST

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 Jñana, 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 Pullig 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*