

## Reading List

### RYT 200 Hour Teacher Training

#### Required Reading

*The Heart of Yoga*-T.K.V. Desikachar

*Ashtanga Yoga: The Practice Manual*-David Swenson

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

*Yoga Anatomy*- Leslie Kaminoff

*Teaching Yoga* -Mark Stephens

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

*The Seven Spiritual Laws of Yoga*-Deepak Chopra

#### Suggested Reading

*The Breathing Book*- Donna Farhi

*Yoga for Wellness*- Gary Kraftsow

*Perfect Health*- Deepak Chopra

*Full Catastrophe Living* – Jon Kabat-Zinn

*Coming to our Senses* – Jon Kabat - Zinn

*Anatomy of Hatha Yoga*- H. David Coulter