



be a positive soul model

200 hour Teacher Training

SUGGESTED READING- BIBLIOGRAPHY

** (PLEASE NOTE –IT IS RECOMMENDED THAT YOU READ)*

- *YOGA 4 SOUL MANUAL----- ALLISON EGAN/JOJO TYLER
- *AUTOBIOGRAPHY OF A YOGI ----- PARAMAHANSA YOGANANDA
- *LIGHT ON YOGA----- BKS IYENGAR
- THE LIVING GITA----- INTEGRAL YOGA PUBLICATION
- DIET FOR A NEW AMERICAN----- JOHN ROBBINS
- BHAGAVAD GITA ----- PUROHIT/BURROUGHS
- *THE ANATOMY COLORING BOOK----- KAPIT/ELSON
- *BEYOND POWER YOGA ----- BERYL BENDER BIRCH
- YOGA DISCIPLINE OF FREEDOM -----BARBARA STOLER MILLER
- THE BOOK OF CHAKRA HEALING-----LIZ SIMPSON
- THE COMPLETE BOOK OF VINYASA YOGA-----SRIVATSA RAMASWAMI
- * YOGA THE IYENGAR WAY-----SILVA, MIRA, SHAYAM

SUGGESTED VIEWING- AUDIO/VIDEOGRAPHY

NEW YOGA BASICS WITH KATHY SMITH/ ROD STRYKER--BY BODY VISION

THE YOGA JOURNAL'S YOGA PRACTICE SERIES-----BY HEALING ARTS

YOGA MIND AND BODY WITH ALI MCGRAW-----BY WARNER BROTHERS

TOTAL YOGA WITH TRACEY RICH & GANGA WHITE -----BY WHITE LOTUS

YOGA WISDOM COLLECTIONS -----WITH ALLISON EGAN

I understand that all the required readings are to be completed before receiving a diploma and letter of completion from the YOGA4SOUL teacher training program.

NAME: _____

Date: _____
 M/D/Y