

**Om Sweet Om Yoga 200 Hour Teacher Training  
Required Reading List**

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Light on Yoga: The Bible of Modern Yoga...  
B. K. S. Iyengar

The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras  
Sri Swami Satchidananda

Yoga Anatomy  
Leslie Kaminoff

The Key Muscles of Yoga: Scientific Keys, Volume I  
Ray Long

Comfortable with Uncertainty 108 teachings  
Pema Chodron

Go In and In: Poems From the Heart of Yoga  
Danna Faulds

Meditations from the Mat: Daily Reflections on the Path of Yoga  
Rolf Gates and Katrina Kenison

Wheels of Life: A User's Guide to the Chakra System  
Anodea Judith

Living Your Yoga: Finding the Spiritual in Everyday Life  
Judith Lasater

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#### Anatomy of Movement

Blandine Calais Germain

#### The Eight Human Talents-Restore the Balance and Serenity within You with Kundalini Yoga

Gurumukh Kaur Khalsa

#### Moving Into Stillness

Erich Shiffman

#### Yoga Beyond Belief Insights to Awaken and Deepen Your Practice

Gangha White

#### YogaKids: Educating the Whole Child Through Yoga

Marsha Wenig

#### Relax and Renew-Restful Yoga for stressfull times

Judith Lasater

#### A Path with heart

Jack Kornfeld

#### God Whispers

Karen Kedar

#### Anatomy and Asana Preventing Yoga injuries

Susi Hatley Aldous

#### Ashtanga Yoga-The Practice Manual, An Illustrated Guide to Personal Practice

David Swenson

#### Yoga Mala

Sri Patahbi Jois

#### Any books by

Hafiz

Rumi