

Om Sweet Om Yoga 200 Hour Teacher Training

Required Reading List:

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

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

Yoga Anatomy-Leslie Kaminoff

Anatomy of Movement-Blandine Calais-Germain

The Anatomy Coloring Book (3rd Edition) -by Wynn Kapit and
Lawrence M. Elson

Comfortable with Uncertainty 108 teachings-Pema Chodron

Go In and In: Poems From the Heart of Yoga- Donna Faulds

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

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

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

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Recommended reading list

Moving Into Stillness, Erich Shiffman

Yoga Beyond Belief: Insights to Awaken and Deepen Your Practice

YogaKids: Educating the Whole Child Through Yoga-Marsha Wenig

Relax and Renew: Restful Yoga for Stressful 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

Yoga Mom, Buddha Baby-Jyothi Larson

Asana Learning Deck-Mikelle Terson

Healing Mantras-Thomas Ashley-Farrand

Any books by:

Hafiz

Rumi