

BLUE HERON WELLNESS YOGA
TEACHER TRAINING 2018-19 CLAUDIA
NEUMAN
BOOK LIST

Required for the Training:

Hatha Yoga Illustrated, Martin Kirk, Brooke Boon, Daniel DiTuro

Light on Yoga, B.K.S. Iyengar

MetaAnatomy Anatomy of a Yogi, Volume One, Kristen Leal

Moving Into Stillness, Eric Shiffmann

The Bhagavad Gita, A New Translation, Stephen Mitchell

The Heart of Yoga, Developing a Personal Practice, T.K.V. Desikachar

Not required, but highly recommended:

Anusara Yoga Teacher Training Manual, John Friend

How to Know God: the Yoga Aphorisms of Patanjali, Swami Prabhavananda and Christopher Isherwood

Light on the Yoga Sutras of Patanjali, B.K.S. Iyengar

Teaching Yoga, Essential Foundations and Techniques, Mark Stephens
The Courage To Teach, Parker Palmer
The Hatha Yoga Pradipika, Translation, Brian Dana Akers
The Key Muscles of Yoga, Ray Long, MD.
The Key Poses of Yoga, Ray Long, MD.
The Secret of the Yoga Sutra, Samadhi Pada, Pandit Rajmani Tigunait, Ph.D
The Practice of the Yoga Sutra, Sadhana Pada, Pandit Rajmani Tigunait, Ph.D
The Yoga Tradition, It's History, Literature, Philosophy and Practice, Georg Feuerstein, Ph.D
Yin Yoga, Principles & Practice, 10th Anniversary Edition, Paul Grilley
Yoga & Ayurveda, Self Healing and Self Realization, David Frawley
Yoga & Psychotherapy, The Evolution of Consciousness, Swami
Yoga Sequencing Designing Transformative Yoga Classes, Mark Stephens

Other Recommendations:

From the Vedas to Vinyasa, An Introduction to the History and Philosophy of Yoga, Amy Vaugh
In Search of the Cradle of Civilization, Georg Feuerstein, Subhash Kak & David Frawley
My Body Is A Temple, Yoga As A Path To Wholness, Christina Sell
Meditate, Swami Muktananda
Perennial Psychology of the Bhagavad Gita, Swami Rama
Tantra Unveiled, Seducing the Forces of Matter & Spirit, Pandi Rajmani Tigunait, Ph.D
The Four Desires, Yogarupa Rod Stryker
The Heart of Meditation, Pathways to a deeper experience, Swami Durgananda
Yoga From the Inside Out, Making Peace With Your Body Through Yoga, Christina Sell
Yoga of the Subtle Body, Tias Little

