

Book List

Recommended Reading

Author	Anodea Judith TT
Title	Eastern Body Western Mind
ISBN	978-1-58761-225-1
Publisher	Celestial Arts

Author	Blakey, Paul FC & TT
Title	The Muscle Book
ISBN	1-873017-00-6
Publisher	Bibliotek Books, 19, Warwick Road, Stafford ST17 4PD

Author	Carole Kerton FC
Title	Yoga Prescribed
ISBN	978-909900-06-6
Publisher	Marvelous Books, available from Amazon
Author	Carole Kerton
Title	Home from OM – the last Yoga retreat
ISBN	978-1-909900-07-3
Publisher	Marvelous Books
Author	Carole Kerton
Title	Yoga Poses Questions
ISBN	978-1-909900-10-3
Publisher	Marvelous Books

Author	Coulter, H. David TT
Title	Anatomy of Hatha Yoga
ISBN	0-9707006-0-1
Publisher	Honesdale, PA, USA

Author	Dahlke, Ruediger FC
Title	Mandalas for Meditation
ISBN	0-8069-2519-1
Publisher	Sterling Publishers, New York

Author	Fontana, David FC
Title	Learn to Meditate
ISBN	1-900131-91-9
Publisher	Duncan Baird Publishers

Author	Fontana, David FC & TT
Title	The Secret Language of Symbols
ISBN	0-7499-1756-3
Publisher	Piatkus

Author	Feuerstein, Georg FC & TT
Title	The Encyclopedic Dictionary of Yoga
ISBN	0-04-440734-3
Publisher	Unwin Paperbacks, Yoga Reference

Author	Hately Aldous, Susi TT
Title	Anatomy and Asana: Preventing Yoga Injuries
ISBN	0-9736485-0-3
Publisher	Functional Synergy Press

Author	Hewitt, James * FC & TT
Title	The Complete Yoga Book
ISBN	0-09-153221-3
Publisher	Rider

Author	Kaminoff, Leslie TT
Title	Yoga Anatomy
ISBN	13: 978-0-7360-6278-7
Publisher	Human Kinetics

Author	Mascaro, Juan * FC & TT
Title	The Bhagavad Gita
ISBN	0 1404 4121 2
Publisher	Penguin Books

Author	Mascaro, Juan * FC & TT
Title	The Upanishads
ISBN	0 14 04.4163 8
Publisher	Penguin Books

Author	Muktibodhananda, Swami * FC & TT
Title	Hatha Yoga Pradipika
ISBN	81-85787-38-7
Publisher	Yoga Publications Trust, Munger, Bihar, India

Author	Prabhavananda, Swami and Isherwood, Christopher * FC & TT
Title	How to Know God: The Yoga Aphorisms of Patanjali (translators)
ISBN	0 87481 041 8
Publisher	Vedanta Press, 1983

Author	Satyananda Saraswati, Swami* FC & TT
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Title	Asana, Pranayama, Mudra, Bandha
ISBN	81-86336-04-4
Publisher	Bihar, School of Yoga, Munger, Bihar, India

Books marked with * must be used the rest are recommended but check with your tutor before purchasing which version or publication will be used on the course (this will vary from tutor to tutor).

Your tutor may recommend substitute books and/or additional books.