

**Reading List**

**Recommended Reading:**

Eastern Body, Western Mind – Judith Anodea\*\*

The Muscle Book – Paul Blakey\*\*\*

Yoga Prescribed – Carole Kerton\*

Home from Om – Carole Kerton\*

The Last Yoga Retreat – Carole Kerton\*

Anatomy of Hatha Yoga – David H Coultor\*\*

Mandalas for Meditation – Ruediger Dahlke\*

Learn to Meditate – David Fontana\*

The Secret Language of Symbols – David Fontana\*\*\*

The Encyclopedic Dictionary of Yoga – Georg Feuerstien\*\*\*

Anatomy and Asana: Preventing Yoga Injuries – Susi Hately Aldous\*\*

Yoga Anatomy – Leslie Kaminoff\*\*

**Essential Reading:**

The Complete Book of Yoga – James Hewitt\*\*\*

The Bhagavad Gita – Juan Mascaro\*\*\*

The Upanishads – Juan Mascaro\*\*\*

Hatha Yoga Pradipika – Swami Muktibodhananda\*\*\*

How to Know God: The Yoga Aphorisms of Patanjali – Swami Prabhavananda & Christopher Isherwood\*\*\*

Asana, Pranayama, Mudra, Bandha – Swami Satyananda Saraswati\*\*\*