



Book	Author	Notes	Summary Paper Due?	Due Date
Yoga Mind, Body, Spirit A Return to Wholeness	Donna Farhi	For now, read only Farhi's translation of the Yamas and Niyamas in this book. We will discuss them our first evening together.	No	January 13, 2023
The Yoga Sutras	Please choose any translation you wish	You'll read this book over time, but please read the first chapter of the Yoga Sutras in its entirety by February 4, 2023	Yes	Patty will assign papers and due dates during class.
Bringing Yoga to Life	Donna Farhi	Read the entire book	Yes	March 11, 2023
Yoga as Medicine	Timothy McCall	Skim the book and use it as a resource	No	
The Great Work of Your Life	Stephen Cope	Read the entire book	Yes	April 29, 2023
The Bhagavad Gita	Eknath Easwaren	Read the entire book	Yes	Patty will assign papers and due dates during class.
Ayurveda Beginner's Guide: Essential Ayurvedic Principles and Practices to Balance and Heal Naturally	Susan Weis-Bohlen	Read the entire book	Yes	May 20, 2023
Teaching Yoga: Exploring Teacher-Student Relationship	Donna Farhi	Read the entire book	Yes	Turn in at the retreat, on June 8, 2023
Yoga Anatomy	Leslie Kaminoff	Read the entire book. Please bring this book with you to every class with Wayne	No	

The definition of 'Summary Paper Due': Write a **two-page, double-spaced, summary paper** with your thoughts and reflections (please do not go over two pages). Give **one hard copy** of your paper to Jodi or Tami on the designated class day. Please **do not** submit your papers by email. **Please use 12-point font, with one-inch margins.**