

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Book** | **Author** | **Notes** | **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 | November 8, 2019 |
| Bringing Yoga to Life | Donna Farhi | Read the entire book | Yes | January 11, 2019 |
| 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 Dec 7, 2019 | Yes  | Patty will assign papers and due dates during class. |
| 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 | February 22, 2020 |
| The Bhagavad Gita orThe Bhagavad Gita: Krishna’s Council in Time of War | Eknath Easwaren or Barbara Stoler Miller | Choose either of these translations, only one is required.  | Yes | Patty will assign papers and due dates during class. |
| Yoga Mind, Body, Spirit: A Return to Wholeness | Donna Farhi | Read the Entire Book | Yes | March 22, 2020 |
| Ayurveda Beginner's Guide: Essential Ayurvedic Principles and Practices to Balance and Heal Naturally  | Susan Weis-Bohlen | Read the entire book | Yes | May 16, 2020 |
| Yoga Anatomy | Leslie Kaminoff | Read the entire book. Please bring this book with you to every class with Wayne | No |  |
| The Ayurveda Bible | Anne McIntyre | Skim the book | No |  |
| Light on Yoga | BKS Iyengar | Skim the book and use it as a resource | No |  |

The definition of ‘Paper Due’: Write a **two-page 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, and with one-inch margins.**