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| **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.**