



Required Reading List

- *Bringing Yoga to Life*, Donna Farhi
- *The Great Work of Your Life*, Stephen Cope
- *The Bhagavad Gita, 2nd Edition*, Eknath Easwaran
- *Ayurveda Beginner's Guide*, Susan Weis-Bohlan
- *Practical Ayurveda: Find Out Who You are and What You Need to Bring Balance to Your Life*, Sivananda Yoga Vedanta Centre
- *The Essence of Yoga: Reflections on the Yoga Sutras of Patanjali*, Bernard Bouanchaud
- *Yoga Mat Companion 1: Anatomy for Vinyasa Flow and Standing Postures*, Ray Long
- *Yoga Mat Companion 2: Anatomy for Hip Openers and Forward Bends*, Ray Long
- *Yoga Mat Companion 3: Anatomy for Backbends and Twists*, Ray Long