



YTT Reading List

Book	Author	Read by Date	Paper Due?	Paper Due Date*
The Essence of Yoga: Reflections on the Yoga Sutras of Patanjali	Bernard Bouanchaud	9/26/25	No	
Bringing Yoga to Life	Donna Farhi	10/24/25	Yes	10/24/25
Yoga Mat Companion 1: Anatomy for Vinyasa Flow and Standing Postures	Ray Long	11/21/25	No	
Yoga Mat Companion 2: Anatomy for Hip Openers and Forward Bends	Ray Long	12/5/25	No	
Yoga Mat Companion 3: Anatomy for Backbends and Twists	Ray Long	1/23/26	No	
The Great Work of Your Life	Stephen Cope	2/27/26	Yes	2/27/25
The Bhagavad Gita	Eknath Easwaran	2/27/26	No	
Ayurveda Beginner's Guide	Susan Weis-Bohlan	3/27/26	Yes	3/27/26

*Paper Guidelines:

- Please submit a 2-page reflection paper.
- Please do not exceed 2 pages.
- 12-point font, with 1-inch margins
- Email your paper to: info@synergyyogaschool.com