



YTT Reading List

Book	Author	Read by Date	Paper Due?	Paper Due Date*
Yoga Mind, Body & Spirit Read pages: 4 – 20: Yamas & Niyamas	Donna Farhi	10/23/26	No	
Bringing Yoga to Life	Donna Farhi	11/07/26	Yes	11/07/26
Yoga Mat Companion 1: Anatomy for Vinyasa Flow and Standing Postures	Ray Long	1/08/26	No	
The Essence of Yoga: Reflections on the Yoga Sutras of Patanjali	Bernard Bouanchaud	Ongoing from Nov 20	Yes	Patti will give you dates for papers
The Great Work of Your Life	Stephen Cope	1/29/27	Yes	1/29/27
The Bhagavad Gita	Eknath Easwaran	2/26/27	No	
Ayurveda Beginner's Guide	Susan Weis-Bohlan	3/19/27	Yes	3/19/27

*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