

Green Lotus Yoga and Healing Center of Lakeville, LLC

Teacher Training Program II January 2009 – December 2009

Book Lists

Required Reading:

ASANA & TECHNIQUE

Yoga Mind, Body & Spirit, Donna Farhi

Light on Yoga, B.K.S. Iyengar (as a reference tool)

30 Essential Yoga Poses for beginning students and their teachers, Judith Lasater, Ph.D., PT

Yoga Beyond Belief, Ganga White

ANATOMY

Yoga Anatomy, Leslie Kaminoff

PHILOSOPHY

The Bhagavad Gita, Stephen Mitchell translation

Yoga and the Quest for the True Self, Stephen Cope

Living your Yoga, Finding the Spiritual in Everyday Life, Judith Lasater

Autobiography of a Yogi, Paramahansa, Yogananda

ETHICS, TEACHING METHODOLOGY

Teaching Yoga – Exploring the Teacher-Student Relationship, Donna Farhi

Suggested Reading:

(You may pick and choose from here books that are specific to your line of study)

ASANA & TECHNIQUE

Back Care Basics, Mary Pullig Schatz, M.D.

Relax and Renew, Judith Lasater, Ph.D., P.T.

Yoga for your type, an Ayurvedic Approach to your asana practice, Dr. David Frawley

Yoga, The spirit and practice of moving into stillness, Erich Schiffmann

Yoga Beyond Belief, Insights to awaken and deepen your practice, Ganga White

Yin Yoga, Outline of a Quiet Practice, Paul Grilley

ANATOMY & SUBTLE BODY ENERGY

Anatomy of Hatha Yoga, Dr. David Coulter

Anatomy of Movement, Blandine Calais-Germain

Wheels of Light, Rosalyn L. Bruyere

Anatomy of the Spirit, Caroline Myss, PH.D.

Hands of Light, Barbara Ann Brennan

Structural Yoga Therapy; adapting to the individual, Mukunda Stiles

Yoga and Ayurveda, David Frawley

Yoga for Your Type, David Frawley

Ayurveda, A Life of Balance, Maya Tawari

PHILOSOPHY

Bringing Yoga to Life, Donna Farhi

Hatha Yoga Pradipika, Swami Muktibodhananda

Yoga Sutras, many translations

Wherever you go, there you are, Jon Kabat-Zinn

The Power of Now, Eckhart Tolle

The Miracle of Mindfulness, Thich Nhat Hanh

Tao Te Ching, many translations

A Path With Heart, Jack Kornfield

HISTORY, LINEAGE

The Heart of Yoga: Developing a Personal Practice, D.K.S. Desikachar