



**200 Hour Yoga Teacher Training – Spring 2018  
Required Reading List**

- 1) Teaching Yoga by Donna Fahri
- 2) The Key Muscles of Yoga by Ray Long
- 3) Teaching Yoga by Mark Stephens
- 4) Bhagavad Gita: A New Translation by Stephen Mitchell
- 5) Light on the Yoga Sutras of Patanjali by BKS Iyengar
- 6) The Yamas and Niyamas: Exploring Yoga's Ethical Practice by Deborah Adele
- 7) Anatomy of The Spirit by Caroline Myss