



200 Hour Yoga Teacher Training – Spring 2018 Required Reading List

(purchase books on amazon via direct link listed below)

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