



**200 Hour Yoga Teacher Training  
Required Reading List  
Fall 2018**

(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