

Immersion Reading List

Anusara® Yoga Immersion with Todd Norian and Ann Greene

REQUIRED TEXTS FOR ALL 3 PARTS OF THE IMMERSION:

@ indicates books we will have for sale at the Immersion.

Master Immersion Manual, by John Friend, most current edition. Click the link below to order. The cost is \$12. This link will allow you to download the PDF, approx. 60 pages, for you to print. It is NOT available in printed form. Give yourself time to take care of this in advance. If you don't have a printer, contact Dede in our office to make other arrangements.

http://www.anusara.com/index.php?page=shop.product_details&flypage=flypage.tpl&product_id=4111&category_id=72&option=com_virtuemart&Itemid=53&authorization=yoga3.

@**Anusara Yoga Teacher Training Manual**, current edition, by John Friend

@**Anatomy of Movement**, by Blandine Calais Germain

@**Patanjali's Yoga Sutras**, by Georg Feuerstein, Swami Prabhavananda and Isherwood, BKS Iyengar or other. (required for part 2 only)

@**Bhagavad Gita**, by Juan Mascaro, Stephen Mitchell, or other (required for part 3 only)

@**Poised for Grace**, by Prof. Douglas Brooks (required for part 3 only)

IN ADDITION, THE FOLLOWING TEXTS ARE RECOMMENDED BY JOHN FRIEND

* indicates texts that are most relevant to the material we will cover in each part.

Immersion Part 1 Recommended Texts

The Shambhala Guide to Yoga by Georg Feuerstein

*@Tantra: The Path of Ecstasy by Georg Feuerstein

*The Heart of Meditation by Swami Durgananda

*Light on Yoga by Iyengar

Immersion Part 2 Recommended Texts:

*Yoga: Discipline of Freedom: The Yoga Sutra of Patanjali by Barbara Stoller Miller

*The Yoga Sutras of Patantaji translated by Swami Satchidananda

*Meditate by Swami Muktananda

*The Yoga Tradition by Georg Feuerstein

*Light on Pranayama by B.K.S. Iyengar

Immersion Part 3 Recommended Texts

*Bhagavad Gita translated by Abhinavagupta

@*Wheels of Life, by Anodea Judith

In addition to the list above, we recommend the following for all 3 parts

@*Hatha Yoga Illustrated by Boon and Kirk

@*Yoga Spandakarika by Daniel O'Dier