

## READING LIST

Anusara® Yoga Teacher Training with Todd Norian and Ann Greene

### Required:

#### **Hatha Yoga:**

Anusara Yoga Teacher Training Manual, by John Friend

Anusara Yoga Master Immersion Manual, latest edition, 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 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](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).

### Highly Recommended:

#### **Yoga Scripture and Philosophy:**

Light on the Yoga Sutras of Patanjali, B.K.S. Iyengar

The Bhagavad Gita, trans. by Abhinavagupta, Juan Mascaro, Stephen Mitchell, or Winthrop Sargeant

Yoga Spandakarika, trans. by Daniel O'dier

**Anusara Yoga Teacher Training DVDs**, by John Friend

#### **Meditation:**

Ecstatic Meditations For Enhanced Living, CD, by Todd Norian

Savasana: Guided Relaxations For Enhanced Living, CD, by Todd Norian

#### **Philosophy:**

Siva Sutras, trans. by Jaideva Singh, Paul Muller-Ortega, or other

Spandakarikas, trans. by Jaideva Singh

Pratyabhijnahridayam, trans. by Jaideva Singh

The Triadic Heart of Shiva (Paratrishika -laghuvrtti), by Paul Muller-Ortega

The Stanzas on Vibration. trans. by Mark Dyczkowski

#### **Hatha Yoga:**

Light on Yoga, B.K.S. Iyengar

Hatha Yoga Illustrated, by Martin Kirk and Brook Boone

The Dance of Yes and No, DVD by John Friend

Riding the Waves of Grace, DVD by John Friend

Growing a Lotus, DVD by John Friend

Lakshmi Rocks Me, DVD by John Friend

Anusara Yoga 101, CD, by John Friend

#### **Pranayama:**

Refining the Breath, by Doug Keller

Light on Pranayama, by BKS Iyengar

#### **Anatomy:**

Anatomy of Movement, Blandine Calais-Germain

Key Muscles for Hatha Yoga Vol 1, by Ray Long

Key Poses for Hatha Yoga Vol. 2, by Ray Long

### Suggested:

#### **Yoga Scripture:**

Jnaneshvari's A Song Sermon on the Bhagavadgita Vol. 1 and 2, V.G. Pradhan (Tr.)

The Mahabharata, William Buck (Tr.)

The Ramayana, William Buck (Tr.)

Upanishads, Patrick Olivelle

Hatha Yoga Pradipika, Swami Vishnu-Devananda (Tr.) or Hans Reiker (The Yoga of Light)  
Shiva Samhita, RBSC Basu  
Gheranda Samhita, RBSC Basu  
Kashmir Shavism: The Central Philosophy of Tantrism, Kamalar Mishra

### **Philosophy:**

The Yoga Tradition, Georg Feuerstein  
The Shambhala Encyclopedia of Yoga, Georg Feuerstein  
Tantra: The Path of Ecstasy, Georg Feuerstein  
The Shambala Guide to Yoga, Georg Feuerstein  
Ask and It Is Given: The Teachings of Abraham, by Esther and Jerry Hicks  
Law of Attraction, by Esther and Jerry Hicks

### **Hatha Yoga:**

Yoga: The Iyengar Way, S. Mehta  
Yoga: Moving Into Stillness, Eric Schiffman  
The Heart of Yoga, Desikachar  
Relax and Renew, Judith Lasater  
The Runner's Yoga Book, Jean Couch

### **Women's Yoga:**

Yoga: A Gem for Women, Geeta Iyengar  
The Woman's Book of Yoga & Health, by Linda Sparrowe and Patricia Walden  
Yoga for Pregnancy, Sandra Jordan

### **Chakras:**

Wheels of Life, Anodea Judith  
Eastern Body, Western Mind, Anodea Judith  
Anatomy of the Spirit, Carolyn Myss  
The Chakras, Leadbeater  
Serpent Power, Arthur Avalon

### **Anatomy/Physiology:**

Illustrated Essentials of Musculo-Skeletal Anatomy, Sieg and Adams  
The Anatomy Coloring Book, W. Kapitand L. Elson  
Atlas of Human Anatomy, Frank Netter  
The Human Body, Ruth Dowling Bruun and Bertel Bruun  
Student Atlas of Anatomy, Todd Olsen  
Body Stories: A Guide to Experiential Anatomy, by Andrea Olsen  
Rolfing, by Ida Rolf

### **Pranayama:**

The Breathing Book, Donna Farhi

### **Professional Ethics:**

The Ethics of Caring, Kylea Taylor  
Sex in the Forbidden Zone, Peter Rutter

### **Buddhist Teachings and Meditation:**

Loving Kindness, by Sharon Salzberg  
A Gradual Awakening, Stephen Levine  
A Path With Heart, Jack Kornfield  
The Miracle of Mindfulness, Thich Nhat Hanh  
Insight Meditation, Joseph Goldstein  
Seeking the Heart of Wisdom, Joseph Goldstein and Jack Kornfield  
What the Buddha Taught, Walpola Rahula  
Wherever You Go, There You Are, Jon Kabat-Zinn

**Other:**

Back Care Basics, Mary Pullig Shatz

Bodymind, Ken Dychtwald

A Year To Live, Stephen Levine

Law of Attraction, by Esther and Jerry Hicks

Yoga and the Quest for the True Self, Stephen Cope

The Wisdom of Yoga, Stephen Cope