

READING LIST

2009/2010 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

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

