

Books for Yoga Required Courses 2017-2018

Below are the required books for the courses in the Yoga Teacher Training Concentration.

Required Courses	Book	Instructor
Track 2: MAS 263 Yoga & Psychology of Chakras	<p>Required Textbook: <u>Eastern Body Western Mind</u> by Anodea Judith, Publisher Celestial Arts, Berkley CA, ISBN 978-1-58761-225-1</p> <p>Suggested Textbook: <u>Myofascial Yoga: A movement and yoga therapist guide to asana</u> by Kirstie Bender Segarra, ISBN: 978-1484838785</p> <p><u>Yoga Anatomy</u> by Leslie Kaminoff ISBN 13:978-0-7360-6278-7.</p>	Segarra - Fall
Track 3: MAS 262 Myofascial Yoga & Anatomy Trains	<p>Required: <u>Anatomy Trains</u>, by Thomas Meyers ISBN 9780443102837 Third Edition and <u>Myofascial Yoga: A movement and yoga therapist guide to asana</u> by Kirstie Bender Segarra, ISBN: 978-1484838785</p>	Segarra-Spring
HHHA 104 Hatha Yoga	<p>Required: <u>The Path of the Yoga Sutras</u> by Nicolai Bachman, Sounds True, Inc., ISBN 978-1-60407-429-1</p>	Stewart-Spring and Fall
HHHA 115 Ayurveda	<p><u>The Complete Book of Ayurvedic Home Remedies</u> by Vasant Lad ISBN 0-609-80286-0</p>	Shaw - Fall
HHHA103 Kundalini Yoga	<p>Required: <u>Kundalini Yoga, The Flow of Eternal Power, Shakti Parwaha Kaur Khalsa</u> (as taught by Yogi Bhajan, Ph.D.), A Perigree Book, Berkley Publishing Group, Penguin Putnam Inc, NY, NY, ISBN: 0-9639847-6-4, 1st Ed 1998</p> <p>Recommended Reading: <u>Kundalini Yoga: Guidelines for Sadhana</u> (Daily Practice)1996, Kundalini Research Institute (available through Kri@newmexico.com, Espanola, NM) <u>Transitions To A Heart-Centered World through The Kundalini Yoga and Meditations of Yogi Bhajan</u>, by Gururattan Kaur Khalsa, Ph.D. & Ann Marie Maxwell(1988, available through Yoga Technology LLC,PA: ISBN 1-999029-02-1)</p>	Ellis-Sankari - Spring

Other Recommended Reading:

The Science of Yoga: The Risks and the Rewards by William J. Broad ISBN 978-1-4516-4143-1

The Four Desires: Creating a Life of Purpose, Happiness, Prosperity and Freedom by Rod Stryker ISBN 978-0-553-8039803

Mantra yoga and Primal Sound: Secrets of Seed (Bija) Mantras by Dr. David Fawley ISBN 978-0-9102-6194-4

Kundalini Tantra by Swami Satyananda Saraswati ISBN 81-85787-15-8

Yoga as Medicine: The yogic prescription for health and healing by Timothy McCall MD ISBN 978-0-553-384-6-2

The Woman's Book of Yoga and Health by Linda Sparrowe and Patricia Walden ISBN 978-1-57062-470-4

Ayurvedic Cooking for Self-Healing by Usha Lad and Dr. Vasant Lad ISBN 978-1-883725-1