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

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<th>Required Courses</th>
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| Track 2: MAS 263 Yoga & Psychology of Chakras | **Required Textbook:** Eastern Body Western Mind by Anodea Judith, Publisher Celestial Arts, Berkley CA, ISBN 978-1-58761-225-1  
| HHHA 104 Hatha Yoga                    | **Required:** The Path of the Yoga Sutras by Nicolai Bachman, Sounds True, Inc., ISBN 978-1-60407-429-1 | Stewart-Spring and Fall |
| HHHA 115 Ayurveda                      | The Complete Book of Ayurvedic Home Remedies by Vasant Lad ISBN 0-609-80286-0 | Shaw - Fall          |
Other Recommended Reading:


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


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