

Native Yoga Center Teacher Training Program Reading List

Required Reading:

The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras by Sri Swami Satchidanada

Scientific Keys Volume II: The Key Poses of Hatha Yoga by Ray Long

Recommended Reading:

Yoga Mala by Sri. K. Pattabhi Jois

Anatomy of Hatha Yoga by H. David Coulter

Astanga Yoga As It Is by Matthew Sweeney

Ashtanga Yoga: Practice and Philosophy by Gregor Maehle

Ashtanga Yoga: The Practice Manual: An Illustrated Guide to Personal Practice by David Swenson

Bikram's Beginning Yoga Class Second Edition by Bikram Choudhury

The Heart of Yoga: Developing a Personal Practice by T.K.V. Desikachar

The Art of Living: Vipassana Meditation: As Taught by S.N. Goenka by William Hart

Autobiography of a Yogi by Paramahansa Yogananda

The Tree of Yoga by B.K.S. Iyengar

Light on Yoga by B.K.S. Iyengar

God Talks with Arjuna: The Bhagavad Gita by Paramahansa Yogananda