

## YTT Book Suggestions

- 1001 Pearls of Yoga Wisdom, Liz Lark
- 365 Tao, Ding Ming-Dao
- Acu Yoga, Michael Reed Gach
- Acupressures's Potent Points, Michael Reed Gach
- Anatomy and Asana Susi Hatley Aldous
- Anatomy of Hatha Yoga, Coulter David H.
- Anatomy of Movement, Blandine Calais-Germain
- Anatomy of the Spirit: The Seven Stages of Power and Healing, Caroline Myss
- A Path with Heart: A Guide Through the Perils and Promises of Spiritual Life, Jack Kornfield
- A Profound Mind: Cultivating Wisdom in Everyday Life, The Dalai Lama, Edited by Nicholas Vreeland
- Ashtanga Yoga the Practice Manual, David Swenson
- A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya, Swami Stayananda Saraswati
- Autobiography of a Yogi, Paramahansa Yogananda
- Babar's Yoga for Elephants, Laurent de Brunhoff
- Back Care Basics: A Doctors Gentle Yoga Program for Back and Neck Pain Relief, Mary Pullig Schatz
- Back in Balance: Using the Alexander Technique, Richard Brennan
- Bhavagad Gita: A New Translation, Stephen Mitchell
- Buddha: A Story of Enlightenment, Deepak Chopra
- Buddha's Little Instruction Book, Jack Kornfield
- Chakra Meditation Swami Saradananda
- Downward Dog Upward Fog, Meryl Davids Landau
- Easter Body, Western Mind: Psychology and the Chakra System as a Path to the Self, Anodea Judith
- Eat, Pray, Love, Elizabeth Gilbert
- Enlightenment for Idiots, Anne Cushman
- Exercise for Frail Elders, Elizabeth Best-Martini, Kim A. Botenhagen-DiGenova
- Fierce Medicine: Breakthrough Practices to Heal the Body and Ignite the Spirit, Ana Forrest
- Fly Like a Butterfly, Shakta Kaur Kalsa
- Go In and In, Danna Faulds
- Heart of Yoga, T.K. Desikacher
- Hell-Bent: Obsession, Pain and the Search for Something Like Transcendence in Competitive Yoga, Benjamin Lorr
- How To Know God, Christopher Isherwood and Swami Prabhavanda
- Inside the Yoga Sutras: A Comprehensive Sourcebook for the Study & Practice of Patanjali's Yoga Sutras, Jaganath Carrera
- Insight Meditations, Sharon Dalzberg & Joseph Goldstein
- Kripalu Yoga-A guide to practice on and off the mat, Richard Faulds and Senior Teachers of Kripalu Center for Yoga & Health
- Light on Life: The Yoga Journey to Wholeness, Inner Peace, and Ultimate Freedom, B.K.S. Iyengar

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- Light on Yoga, B.K.S. Iyengar
- Living Your Yoga: Finding the Spiritual in Everyday Life, Judith Lasater
- May I Be Happy: A Memoir of Love, Yoga, and Changing My Mind, Cyndi Lee
- Molecules of Emotion, Candace Pert
- Misadventures of a Garden State Yogi: My Humble Quest to Heal My Colitis, Calm My ADD and Find the Key to Happiness, Brian Leaf
- Mudras - Yoga in Your Hands, Gertrud Hirschi
- Myths of Asanas: The Stories at the Heart of the Yoga Tradition, Alanna Kaivalya & Arjuna van der Kooij
- Pain Free, Pete Esgoscue
- Pathways to Joy, Swami Vivekananda (Author), Dave Deluca (Editor)
- Peace Is Every Step, Thich Nhat Hanh
- Poser: My Life in 23 Yoga Poses
- Relax and Renew, Judith Hanson Lasater, P.T.
- Somatics, Thomas Hanna
- Stretch: The Unlikely Making of a Yoga Dude, Neal Pollack
- Stuck in Downward Dog, Changel Guertin
- Teaching Yoga, Donna Farhi
- Ten Secrets for Success and Inner Peace, Wayne Dyer
- The Bhagavad Gita, Anonymous
- The Gift of Assisting, Tony Briggs
- The Gita Deck, Editors of Mandala Publishing
- The Great Work of Your Life: A Guide for the Journey to Your True Calling, Stephen Cope
- The Heart of Yoga: Developing a Personal Practice, T.K.V Desikachar
- The Johns Hopkins Atlas of Human Functional Anatomy, Leon Schlossberg & George D. Zuidema, M.D.
- The Key Muscle of Yoga Ray Long (Author), Chris MacIvor (Illustrator)
- The Language of Yoga-The most complete A to Y guide to Asana names, Sanskrit terms and Chants, Nicolai Bachman
- The Living Gita, Sri S. Satchidananda
- The New Yoga for Healthy Aging: Living Longer, Living Stronger and Loving Every Day, Suza Francina and Jim Jacobs
- The Power of Now, Eckhart Tolle
- The Prophet, Kahlil Gibran
- The Science of Yoga: The Risks and Rewards, William J. Broad
- The Secret Power of Yoga, Nischala Joy Devi
- The Seven Spiritual Laws of Yoga: A Practical Guide to Healing Body, Mind and Spirit, Deepak Chopra
- The Sivananda Companion to Yoga, The Sivananda Yoga Center
- The Shift, Wayne Dyer
- The Wisdom Of Yoga: A Seeker's Guide To Extraordinary Living, Stephen Cope
- The Wizard of Us, Jean Houston
- The Yoga Sutras, Patanjali
- Therapeutic Yoga for Shoulders and Hips, Susi Hatley Aldous
- Tibetan Power Yoga, Jutta Mattausch

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- Turning the Mind Into an Ally, Sakyong Mipham and Pema Chodron
- Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life, Joh Kabat-Zinn
- Yin Yoga: Outline of a Quiet Practice, Paul Grilley
- Yoga and the Quest for the True Self, Stephen Cope
- Yoga as Medicine, Timothy McCall, M.D.
- Yoga as Medicine: The Yogic Prescription for Health and Healing by Yoga Journal
- Yoga Bitch: One Woman's Quest to Conquer Skepticism, Cynicism, and Cigarettes on the Path to Enlightenment, Suzanne Morrison
- Yoga for Emotional Balance: Simple Practices to Help Relieve Anxiety and Depression, Bo Forbes
- Yoga for Children, S. Chanchani; R. Chanchani
- Yoga for Children With Autism Spectrum Disorders: A Step-by-Step Guide for Parents and Caregivers, Dion E. Betts and Stacey W. Betts
- Yoga for Depression: A compassionate Guide to Relieve Suffering Through Yoga, Amy Weintraub
- Yoga for Dummies, Georg Feuerstein
- Yoga for the Special Child, Sonia Sumar
- Yoga for Wellness, Gary Kraftsow
- Yoga for Movement Disorders, Renee Le Verrier
- Yoga from the Inside Out: Making Peace With Your Body Through Yoga, Christina Sell and John Friend
- Yoga Girl, Rachel Brathen
- Yoga Life-10 Steps to Freedom, Johanna Mosca, Ph.D.
- Yoga Mind Body & Spirit: A return to Wholeness, Donna Farhi
- Yoga Nidra: A Meditative Practice for Deep Relaxation and Healing, Richard Miller
- Yoga Nidra, Swami Prakshanand Saraswati
- Yoga Posture Adjustments and Assisting: An Insightful Guide for Yoga Teacher and Students, Stephanie Pappas
- Yoga School Dropout, Lucy Edge
- Yoga Sequencing: Designing Transformative Yoga Classes, Mark Stephens
- You Can Heal Your Life, Louise L. Haye