

READING LIST

All mandatory reading materials for the yoga teacher training are provided by YG Studios. If you're eager to deepen your understanding even further, the books listed below offer additional insights and background information. To help you navigate this extensive list, the most essential titles are highlighted in bold.

Philosophy

- **The Yoga Sutras of Patanjali. (Edwin F. Bryant)**
- The Yamas & Niyamas: Exploring yoga's ethical practice. (Deborah Adele)
- The Bhagavad Gita. (Swami Vivekananda)
- When love comes to light: Wisdom from the Bhagavad Gita (R. Freeman & M. Taylor)

Asana

- **Yoga Mala. (Pattabhi Jois)**
- **Asana, Pranayama, Mudra, Bandha. (Swami Satyananda Saraswati)**
- **2100 asanas: The complete yoga poses. (Daniel Lacerda)**
- Light on Yoga. (B. K. S. Iyengar)

Sequencing

- **Yoga sequencing: Designing transformative yoga classes. (Mark Stephens)**

Pranayama, Meditation

- **Light on Pranayama. (B. K. S. Iyengar)**
- Prana and pranayama. (Swami Niranjanananda Saraswati)
- Breathing book. (Donna Farhi)
- Pranayama: The Breath of Yoga. (Gregor Maehle)

General on practice:

- **The Heart of Yoga: Developing personal practice (T. K. V. Desikachar)**

Anatomy

- **Functional Anatomy of Yoga. (David Keil)**
- **Your body, your yoga. (Bernie Clark)**
- Anatomy for vinyasa flow and standing poses (Ray Long)

Ayurveda

- **Yoga & Ayurveda - Self-Healing and Self-Realization (David Frawley)**
- Prakriti: Your Ayurvedic Constitution. (Dr. Robert Svoboda)
- Ayurveda The Science of Self-Healing. (Dr. Vasant Lad)
- Ashtanga Hridayam. (Vagbhata)

General inspiration

- **The yoga of a yogi: The legacy of T. Krishnamacharya. (Kausthur Desikachar)**
- Autobiography of a Yogi. (Paramahansa Yogananda)
- The body keeps the score. (Bessel van der Kolk)
- The four agreements. (Don Miguel Ruiz)
- The power of now: A guide to spiritual enlightenment. (Eckhart Tolle)
- Why zebras don't get ulcers. (Robert M. Sapolsky)
- Before I am. (Mooji)
- Untethered soul. (Michael Singer)
- Roots of yoga. (Mallinson, J. & Singleton, M.)