

OWY Teacher Training Book List

Required Book List:

1. *Hatha Yoga Pradipika*, Swami Muktibodhananda
2. *Light on Yoga*, B.K.S. Iyengar
3. *Anatomy of Hatha Yoga*, David Coulter
4. *Teaching Yoga*, Mark Stephens
5. *The Yoga Sutras of Patanjali*, Swami Satchinanada

Elective Book List:

Buddhist Yoga, Thomas Cleary
Be Here Now, Ram Dass
It's Here Now Are You?, Bahgahvan Dass
Health, Healing and Beyond, T.K.S. Desikachar
The Complete Guide to Yin Yoga, Bernie Clark
Moola Bandha: Swami Buddhananda
Freedom from the Known: Jiddu Krishnamurti
The Science of Yoga, William J Broad
Jivamukti Yoga, Sharon Gannon and David Life
Autobiography of a Yogi, Paramahansa Yogananda
The Sivananda Companion to Yoga, Vishnu Devananda
The Seven Wisdoms of Life: A Journey into the Chakras, Shai Tubali
The Book of Chakra Healing, Liz Simpson
Anatomy of the Spirit, Caroline Myss
Yoga for Wellness, Gary Kraftsow
The Yoga Sutras of Patanjali, Alistair, Shearer
The Yoga System, Yogi Vithaldas
Yoga: The Spirit and Practice of Moving into Stillness, Erich Schiffmann
The Key Muscles of Yoga, Ray Long
For a Future to be Possible, Thich Nhat Hanh
The Power of Now, Eckhart Tolle
A New Earth, Eckhart Tolle
The Untethered Soul, Michael A. Singer
Loving What Is, Byron Katie
A Thousand Names for Joy, Byron Katie
Emptiness Dancing, Adyashanti