

OWY Teacher Training Book List

Required Book List:

1. *Hatha Yoga Pradipika*, Swami Muktibodhananda
2. *Anatomy of Hatha Yoga*, David Coulter
3. *The Yoga-Sutra of Patanjali*, Chip Hartranft
4. *Teaching Yoga*, Mark Stephens
5. *Yoga Mind, Body & Spirit*, Donna Farhi

Due to some controversy in the yoga world and recent changes in understanding that have resulted from this controversy, OWY's teacher training book list is under review. We have made some changes to our book list for the 2019/2020 training year. If you are interested in learning more about why we are making these changes read Practice and All is Coming by Matthew Remski.

Books We Like:

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
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
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
A Mind at Home With Itself, Byron Katie
Emptiness Dancing, Adyashanti
Yoga for Everyone, Dianne Bondy
Trail Guide to the Body, Andrew Biel
Practice and All is Coming, Matthew Remski