

## 200 Hour Recommended Booklist

- The Language of Yoga – Nicolai Bachman (highly recommended, but not required)
- Light on Pranayama – BKS Iyengar
- Light on Yoga – BKS Iyengar
- Yoga as Medicine – Timothy McCall, MD
- Meditations from the Mat – Rolf Gates
- Anatomy Trains – Thomas Myers
- Atlas of Human Anatomy – Frank Netter
- Yoga Sutras – Swami Satchidananda
- The Yoga Tradition: Its History, Literature, Philosophy and Practice – Georg Feuerstein
- Biology of Belief – Bruce Lipton
- Intention Experiment – Lynne McTaggart
- Yoga Masters – Mark Forstater
- Molecules of Emotion – Candace Pert, PhD
- Power of Now – Eckhart Tolle
- A Path with Heart – Jack Kornfield
- Yoga & the Quest for the True Self – Stephen Cope
- The Deeper Dimension of Yoga: Theory and Practice – Georg Feuerstein
- Anatomy of the Spirit – Caroline Myss
- The Tree of Yoga – BKS Iyengar
- Light on Life – BKS Iyengar
- How Can I Help – Ram Dass
- The Heart of Yoga – TKV Desikachar
- Coming to Our Senses – Jon Kabat-Zinn
- Eastern Body Western Mind – Anodea Judith
- Teaching Yoga – Donna Farhi
- Upanishads
- Mahabharata
- Bhagavad Gita