



## **Sky House Yoga Teacher Training Program**

### **2017 Book List**

#### **Required Texts**

**Teaching Yoga: Essential Foundations and Techniques** by Mark Stephens

**The Secret Power of Yoga** by Nischala Joy Devi

**Anatomy for Vinyasa Flow and Standing Poses** by Ray Long

**Light on Yoga** by BKS Iyengar

**30 Essential Yoga Poses** by Judith Lasater

**Myths of the Asanas** by Alanna Kaivalya & Arjuna van der Kooij

**Yoga: The Spirit and Practice of Moving Into Stillness** by Erich Schiffmann

**Prakriti: Your Ayurvedic Constitution** by Robert Svoboda

**Teaching People, Not Poses** by Jay Fields

**The Mantram Handbook** by Ecknath Eswaran

#### **Suggested Texts**

**Yoga Sequencing** by Mark Stephens

**Hatha Yoga Pradipika** translated by Swami Satyananda and Swami Muktibodhananda

**The Bhagavad Gita: A 3 Volume Set** by Eknath Eswaran

**Jivamukti Yoga: Practices for Liberating Body and Soul** by Sharon Gannon and David Life

**The Heart of Yoga: Developing A Personal Practice** by TKV Desikachar

**Hatha Yoga Illustrated** by Kirk and Boon