

RESOURCES

Yoga Teacher Training + Personal Spiritual Growth



Posture Practice + Anatomy

- [Anatomy of Hatha Yoga: A Manual for Students Teachers and Practitioners by David H. Coulter](#)
- [Integrative Yoga Therapy Yoga Teacher's Toolbox: Yoga Posture Cards for Integrating Mind, Body & Spirit, Joseph and Lilian Le Page](#)
- [Hatha Yoga Pradipika by Swami Muktibodhananda](#)
- [Jivamukti Yoga: Practices for Liberating Body & Soul by Sharon Gannon and David Life](#)
- [Light on Yoga by B.K.S Iyengar](#)
- [Science of Yoga: Understand the Anatomy and Physiology to Perfect Your Practice by Ann Swanson](#)
- [Yoga Anatomy by Leslie Kaminoff and Amy Matthews](#)
- [Yoga for Everyone: 50 Poses for Every Body Type by Dianne Bondy](#)
- [Yoga Assists by Sharon Gannon and David Life](#)
- [Yoga for Everyone: 50 Poses for Every Type of Body by Dianne Bondy](#)
- [Yoga Revolution: Building a Practice of Courage and Compassion by Jivana Heyman](#)

Breathwork + Meditation

- [Meditation with Intention: Quick & Easy Ways to Create Lasting Peace by Anusha Wijeyakumar MA](#)
- [Pause, Rest, Be: Stillness Practices for Courage in Times of Change by Octavia F. Raheem](#)
- [Radiant Rest: Yoga Nidra for Deep Relaxation and Awakened Clarity by Tracee Stanley](#)

Subtle Body/Energy

- [Opening to Spirit by Shola Arewa](#)
- [Wheels of Life: A User's Guide to the Chakra System by Anodea Judith](#)
- [Yoga of the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga by Tias Little](#)

Yoga Philosophy

- [Dark Light Consciousness by Edward Bruce Bynum](#)
- [Egyptian Yoga by Dr. Muata Ashby](#)
- [Embrace Yoga's Roots: Courageous Ways to Deepen Your Practice by Susanna Barkataki and Sonali Fiske](#)
- [The Heart of Yoga by TKV Desikachar](#)
- [The Secret Power of Yoga: A Woman's Guide to the Heart and Spirit of the Yoga Sutras by Nischala Joy Devi](#)

History of Yoga

- [American Veda: From Emerson and the Beatles to Yoga and Meditation How Indian Spirituality Changed the West by Philip Goldberg](#)
- [Embrace Yoga's Roots: Courageous Ways to Deepen Your Practice by Susanna Barkataki and Sonali Fiske](#)
- [Roots of Yoga by Sir James Mallinson and Mark Singleton](#)
- [The Subtle Body: The Story of Yoga in America by Stefanie Syman](#)

Plant-Sourced Living

- [Conscious Eating by Gabriel Cousens, MD, Diplomate Ayurveda](#)
- [Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure by Caldwell B Esselstyn Jr. M.D.](#)
- [The Prevent and Reverse Heart Disease Cookbook by Ann and Jane Esselstyn](#)
- [Spiritual Nutrition by Gabriel Cousens, MD, Diplomate Ayurveda](#)
- [Survival in the 21 st Century: Planetary Healers Manual by Victoras Kulvinskis](#)
- [The Buddha, The Vegan, and You by John Bussineau](#)
- [The Kemetic Diet: Food For Body, Mind and Soul, A Holistic Health Guide Based on Ancient Egyptian Medical Teachings by Muata Ashby](#)
- [World Peace Diet: Eating for Spiritual Health & Social Harmony, Will Tuttle](#)
- [Yoga & Vegetarianism: The Diet of Enlightenment by Sharon Gannon.](#)

Yoga as a Business/Lifestyle

- [MetaBusiness: Creating a New Global Culture by Greg Nielsen](#)
- [Start with Why by Simon Sinek](#)
- [Super Rich: A Guide to Having it All by Russell Simmons](#)
- [The Art and Business of Teaching Yoga: The Yoga Professional's Guide to a Fulfilling Career by Amy Ippoliti and Taro Smith](#)
- [The Buddha and the BadAss: The Secret Spiritual Art of Succeeding at Work by Vishen Lakhiani](#)

Spiritual Journeys

- [Autobiography of a Yogi by Paramahansa Yogananda](#)
- [Siddhartha by Hermann Hesse](#)
- [The Celestine Prophecy by James Redfield](#)
- [Way of the Peaceful Warrior by Dan Millman](#)

Spiritual Activation

- [Activating the Common Good: Reclaiming Control of Our Collective Well-Being by Peter Block](#)
- [Caste: The Origins of Our Discontents by Isabel Wilkerson](#)
- [Circles of Compassion: Essays Connecting Issues of Social Justice](#)
- [Pleasure Activism: The Politics of Feeling Good by Adrienne Maree Brown](#)
- [Rest is Resistance by Tricia Hersey](#)
- [Skill in Action: Radicalizing Your Yoga Practice to Create a Just World by Michelle Cassandra Johnson](#)
- [The Hope \(Sacred Activism\) by Andrew Harvey](#)

Mindfulness

- [How to Eat \(Mindfulness Essentials\) by Thich Nhat Hanh](#)
- [Non-Violent Communication: A Language of Life by Marshall B. Rosenberg](#)
- [Peace is Every Step: The Path of Mindfulness in Everyday Life by Thich Nhat Hanh](#)
- [The Miracle of Mindfulness by Thich Nhat Hanh](#)

Healing and Trauma

- [AfterSHOCK: Confronting Trauma in a Violent World by Pattrice Jones](#)
- [Decolonizing the Body: Healing, Body-Centered Practices for Women of Color to Reclaim Confidence, Dignity, and Self-Worth by Kelsey Blackwell](#)
- [How to Do the Work: Recognize Your Patterns, Heal from Your Past, and Create Your Self by Dr. Nicole LePera](#)
- [My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Resmaa Menakem](#)
- [Risk to Be Healed by Joyce and Barry Vissell](#)
- [The Wisdom of Wildness: Healing the Trauma of Domestication by Ren Hurst](#)
- [The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van derKolk M.D.](#)
- [The Trauma of Caste: A Dalit Feminist Meditation on Survivorship, Healing, an Abolition by Thenmozhi Soundararajan](#)
- [Vagus Nerve: Access Your Body's Natural Healing Power!: Self Help Techniques and Exercises to Activate Your Vagus Nerve Stimulation, Overcoming Anxiety, Trauma, Chronic Illness, Depression and More by Stephen W. Rosen](#)

Required Books

- [Embrace Yoga's Roots: Courageous Ways to Deepen Your Practice by Susanna Barkataki](#)
- [Science of Yoga: Understand the Anatomy and Physiology to Perfect Your Practice by Ann Swanson](#)
OR
[Yoga Anatomy by Leslie Kaminoff & Amy Matthews](#)
- World Peace Yoga: Yoga for People Who Breathe (digital book) by Anna Ferguson
- [World Peace Diet: Eating for Spiritual Health & Social Harmony, Will Tuttle](#)
OR
[Yoga & Vegetarianism: The Diet of Enlightenment by Sharon Gannon](#)
- [Yoga Sutras of Patanjali](#) (any Yoga Sutra translation)

