**Reading List**

**RYT 2016**

**REQUIRED READING**

**Heart of Yoga** by TKS Desikachar

**Teaching Yoga** by Mark Stephens

**Light on Yoga** by Iyengar

**Ashtanga Yoga** the Practice Manual by David Swenson

**The Seven Spiritual Laws of Yoga** by Deepak Chopra

**Yin Yoga: The Complete Guide to Yin Yoga** by Bernie Clark

**Light on the Yoga Sutras** by Iyengar

OR

**The Yoga Sutras of Patanjali** by Swami Satchindananda

**RECOMMENDED READING**

 **(THIS IS JUST A FEW OF MANY SUGGESTED TITLES)**

**Anatomy of Hatha Yoga** by David Coulter

**Mindfulness for Beginners** by Jon Kabat Zinn

**The Breathing Book** by Donna Farhi

**Yoga: The Iyengar Way** by Silva Mehta

**The Key Poses of Yoga** by Ray Long

**Ashtanga Yoga: Practice and Philosophy** by Gregor Maehle