

## **Immersion Reading List:**

### **PART 1:**

Required-

-*Anusara Yoga Teacher Training Manual* by John Friend

Recommended-

-*The Shambala Guide to Yoga* by Georg Feuerstein

-*Light on Yoga* by B.K.S. Iyengar \*\*\*\*

-*Tantra: The Path of Ecstasy* by Georg Feuerstein

-*The Splendor of Recognition* by Swami Shantananda

-*Anatomy of Movement* by Blandine Calais Germain \*\*\*\*

### **PART 2:**

Required-

- *Anusara Yoga Teacher Training Manual* by John Friend

Recommended-

-*Light on the Yoga Sutras* by B.K.S. Iyengar \*\*\*\*

-*Yoga: Discipline of Freedom: The Yoga Sutra Attributed to Patanjali* by Barbara Stoller Miller \*\*\*\*

-*The Yoga Sutras of Patanjali* translated by Swami Satchidananda \*\*\*\*

-*Meditate* by Swami Muktananda\*\*\*\*

-*The Yoga Tradition* by Georg Feuerstein

-*Light on Pranayama* by B.K.S. Iyengar

-*Wheels of Life* by Anodea Judith\*\*\*\*

-*Eastern Body, Western Mind* by Anodea Judith \*\*\*\*

### **PART 3:**

Required-

-*Anusara Yoga Teacher Training Manual* by John Friend

-*Bhagavad Gita* translated by Juan Mascaro

Recommended-

-*Poised for Grace* by Douglas Brooks \*\*\*\*

-*Bhagavad-Gita: The Song of God* translated by Swami Prabhavananda and Christopher Isherwood

-*Bhagavad Gita* translated by Wintrop Sargeant

\*\*\*\* signifies the books on the recommended list that I most highly recommend, but are still not absolutely necessary