

200 HOUR RYT MANIFEST YOGA REQUIRED READING LIST

- The Yoga Sutras of Patanjali, translation by Swami Satchidananda
- The Bhagavad-Gita, translation by Stephen Mitchell
- Perfect Health by Deepak Chopra
- Yoga Anatomy (Second Edition) by Leslie Kaminoff and Amy Matthews
- Ashtanga Yoga: The Practice Manual by David Swenson
- Light on Yoga by B.K.S Iyengar
- Yoga Posture Adjustments and Assisting: An Insightful Guide for Yoga Teachers by Stephanie Pappas
- Yoga Teacher Training Manual provided on location by Tymi Howard Yoga



Manifest Yoga

Please note that you will need all books for reference during the teacher training

RECOMMENDED READING:

- Secret Power of Yoga: A Woman's Guide to the Heart and Spirit of the Yoga Sutras by Nischala Joy Devi
- Wheels of Light: A User's Guide to the Chakra System by Anodea Judith
- Meditations from the Mat by Rolf Gates
- Happy Yoga: 7 Reasons Why There's Nothing to Worry About by Steve Ross
- Seven Spiritual Laws of Yoga by Deepak Chopra

OPTIONAL/ FURTHER READING:

Spiritual/Yoga

- The Yoga Tradition: It's History, Literature, Philosophy and Practice by George Feuerstein
- I Am that by Maurice Fryman/Sri Nisargadatta Maharaj
- Silence Speaks by Bad Hari Dass
- Silence of the Heart-Volumes 1 and II, Spiritual Dialogues with Robert Adams
- Nothing Ever Happened (Trilogy) by David Godman
- From Onions to Pearls by Satyam Nadeen
- Wake Up and Roar by H. W. L. Poonja
- The Holographic Universe (pages 59-end) by Michael Talbot
- Zen by Osho
- The Kabir Book: 44 of the Ecstatic Poems by Robert Bly

Health

- How Long Do You Choose To Live? (A Question of a Lifetime) by Peter Ragnar (available only at roaringlionpublishing.com)
- Your Body's Many Cries for Water by F. Batmanghelidj
- Diet for a New America: How Your Food Choices Affect Your Health, Happiness, and the Future of Life on Earth by John Robbins
- Conscious Eating by Gabriel Cousens, MD
- The Miracle of Fasting: Proven Throughout History for Physical, Mental, and Spiritual Rejuvenation by Paul Bragg
- Sugar Blues by William F. Dufty
- The Sunfood Diet Success Systems by David Wolfe

MORE DETAILS
www.guruvyoga.com