

## Reading list

### Course required reading:

1. **\*\*The Spiritual Teachings of Yoga** by Forster and Manuel (can have as audio book), (pre course reading)
2. **Yoga Nidra** by Bihar Yoga School (Month 1)
3. **The Science of Breath** by Swami Rama (Month 2)
4. **Asana Pranayama Mudra Bandha** by the Bihar Yoga publications (Month 3 and rest of course)
5. **A Search in Secret India** by Paul Brunton (Months 4 & 5)
6. **Outliers** by Malcolm Gladwell (Month 6)
7. **The Prophet** by Kahil Gibran (Month 8)
8. **\*\*The Power of Now** as an audio book by Eckart Tolle (Months 9 & 10)
9. **The Scientific Keys, vol 2 Key Poses of Hatha Yoga** by Ray Long (all year)
10. **Functional Anatomy of Yoga** David Keil (all year).  
<http://www.yoganatomy.com/product/functional-anatomy-of-yoga-book/>

Julie and Sue's 'Energy in Season' book, Seasonal Yoga practice DVDs, and Course manual will be included within the course material and will be used throughout the whole year.

\*\*recommended as pre course reading

## Extra suggestions

(not required but very good and will help you in your understanding and inspire you on the Yogic path):

### Technical:

- **Yoga Mala** by Pattabhi Jois
- **The Serpent Power** by Arthur Avalon
- **Ashtanga Yoga** by David Swenson
- **Light on Yoga** by BKS Iyengar

### Inspirational:

- **\*\*Bringing Yoga to Life** by Donna Farhi
- **Autobiography of a Yogi** by Paramahansa Yogananda
- **\*\*Living with the Himalayan Masters** by Swami Rama
- **\*\*Learn to Meditate** by David Fontana
- **The Essential Book of Traditional Chinese Medicine Vol 1** by Lui Yanchi

