

Reading List 2018-2020

The following books are essential resources for the LYTTC

Suggestions for 'Wider Reading' will be provided during the course.

GENERAL

Yoga –Mary Stewart, Hodder Arnold H&S

Intelligent Yoga –(second edition) Peter Blackaby, Outhouse Publishing Ltd

Awakening the Spine –Vanda Scaravelli, HarperOne

TEACHING YOGA

* Yoga Practice Handbook –Chloe Fremantle, Still Publishing

* *This will be available for purchase at a reduced price via the LYTTC at the beginning of the course.*

PHILOSOPHY

History and Philosophy Reading List . LYTTC 2018

- The Upanishads - Eknath Easwaran
- The Bhagavad Gita - Eknath Easwaran or The Bhagavad-Gita –W J Johnson –Oxford World Classics
- Buddhism Without Beliefs –Stephen Batchelor (a contemporary view, demystifying Buddhism)
- The Yoga Sutras of Patanjali - Alistair Shearer
- Principles of Meditation - Christina Feldman
- Hatha Yoga Pradipika - Svatrarama, translated by Brian Dana Akers

NB: If you already have other versions, you may use them and bring with you to the relevant meetings –it is useful to have a variety of translations to explore within the group.

ANATOMY & PHYSIOLOGY

The Concise Book of Muscles –Chris Jarmey, Lotus Publishing

The Concise Human Body Book - Dorling Kindersley