

Suggested Wider Reading 2018-20

Nb Some of these books are available to borrow from the LYTTC library

General

- The Heart of Yoga: Developing a Personal Practice – TKV Desikachar, Inner Traditions Health, Healing and Beyond – TKV Desikachar, Farrar, Straus, and Giroux
- Yoga over 50 - Mary Stewart, Hodder & Stoughton
- Yoga Education for Children - Swami Satyananda Saraswati, Bihar School of Yoga, India
- Yoga for Children – Mary Stewart and Kathy Phillips, Prentice Hall & IBD
- Teaching Yoga – Donna Farhi, Rodmell Press, Berkley California
About ethical issues relating to yoga teaching
- Breath: The Essence of Yoga - A Guide to Inner Stillness - Sandra Sabatini, Pinter & Martin Ltd
- Autumn, Winter, Spring, Summer: Yoga Through the Seasons - Sandra Sabatini and Silvia Mori, Pinter & Martin Ltd
- Yoga and You – Esther Myers, Shambhala Publications
- Mudras, Yoga In Your Hands – Gertrude Hirschi, Bear and Company (includes Patanjali's yoga sutras)
- Light on Yoga – BKS Iyengar
- Hatha Yoga: The Report of a Personal Experience - Theos Bernard, Harmony Publishing
- Yoga Body: the Origins of Modern Posture Practice – Mark Singleton, Oxford University Press
- A very readable thesis that challenges the myths surrounding the origins of modern day asana practice, as referred to in the BBC Radio 4 programme, 'The Secret History of Yoga'
- The Yoga Tradition: Its History, Literature, Philosophy and Practice - Georg Feuerstein, Hohm Press, US
- The Shambhala Encyclopedia of Yoga - Georg Feuerstein, Shambala Publications
- Overcoming Trauma through Yoga: Reclaiming Your Body – David Emerson
- Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga – Amy Weintraub
- Roots of Yoga - Jim Mallinson and Mark Singleton

Philosophy

- A Student's Guide to the History and Philosophy of Yoga – Peter Connelly, Equinox
The latest edition includes a relevant and interesting chapter on contemporary yoga
- A Source Book in Indian Philosophy - Sarvepalli Radhakrishnan, Charles A. Moore, Princeton

- Buddhism for Beginners - Gabriel Shaw (for those who are unfamiliar with Buddhism)
- Patanjali's Yoga Sutras – Penguin Classics
- The Yoga Sutras of Patanjali - Edwin Bryant - a more detailed account
- The Upanishads – Alistair Shearer and Peter Russell, Mandala Books
- The Upanishads - Valerie Roebuck (Penguin Classics)
- The Bhagavad Gita - Laurie Patton (Penguin Classics)
- Meditation for the Love of it - Sally Kempton (more yoga specific)
- Mindfulness for Beginners - John Kabatt-Zinn (more mindfulness/Buddhist orientated)
- Yoga Meditation through Mantra, Chakras and Kundalini - Gregor Maehle
- Living your Yoga – Judith Lasater, Rodmell Press, Berkley California
Practical everyday application of yoga philosophy
- The Spiritual Teachings of Yoga – Mark Forstater and Jo Manuel, Hodder & Stoughton
Good introduction for those new to philosophy
- Yoga Unveiled DVD – available from www.yogaunveiled.com
Useful for those new to yoga philosophy
- Yoga: Immortality and Freedom - Mircea Eliade, Princeton University Press
- The First and Last Freedom - J Krishnamurti, HarperSanFrancisco

The following websites are useful for translating Sanskrit terms: <http://www.yoga-journal.com/search> and <http://spokensanskrit.de/index>

Peter Brook's film of *The Mahabharata* is useful in understanding the Bhagavad Gita.

Anatomy and Physiology

- The Anatomy Colouring Book – Wynn Kapit & Lawrence M Elson
Very dense text but good line drawings to colour to start to build up a visual of the bones, muscles and organs
- The Anatomy of Movement – Blandine Calais-Germain, Princeton Book Company
- A colour atlas of human anatomy by McMinn and Hutchings, 2nd edition, 1988
- The Thinking Body – Mabel Elsworth Todd, Gestalt Journal Press
Written in the 1930s – dense but fascinating
- How Life Moves – Caryn McHose and Kevin Frank
Written from an evolutionary/developmental perspective; a good companion to Pete Blackaby's *Intelligent Yoga*
- Sensing, Feeling, and Action (The Experiential Anatomy of Body-Mind Centering) - Bonnie Bainbridge Cohen
If you would like a copy of this book speak to Anne-marie as she can get hold of copies for significantly less than the expensive online price
- Color Atlas and Textbook of Human Anatomy: Locomotor System: 001 (Thieme Flexibooks) - Werner Kahle and Werner Platzer, Thieme-Stratton Corp

A good reference, very detailed

- Job's Body, A Handbook for Bodywork – Deanne Juan – Barrytown/Station Hill Press

The following apps are useful: Visual Anatomy; Learn Muscles: Anatomy; Sports Injury Clinic

Meditation

- A Deeper Beauty: Buddhist Reflections on Everyday Life – Paramananda, Windhorse Publications
- Get Some Headspace – Andy Puddicombe, Hodder & Stoughton
- Teach yourself Meditation – Naomi Ozaniec, Teach Yourself Books
- Teach Us to Sit Still: A Sceptic's Search for Health and Healing – Tim Parks, Vintage
- Full Catastrophe Living: How to cope with stress, pain and illness using mindfulness meditation - Jon Kabat-Zinn, Piatkus
- A Path with Heart – Jack Kornfield, Rider
- One Dharma: The Emerging Western Buddhism - Joseph Goldstein, Harper-SanFrancisco
- Heart of Wisdom, Mind of Calm – Christina Feldman

Entertaining reading around yoga

- Karma Cola – Gita Mehta, Vintage
- Madame Blavatsky's Baboon – Peter Washington, Secker and Warburg
- City of Djinn: A Year in Delhi – William Dalrymple, Flamingo
- Yoga School Dropout – Lucy Edge, Ebury Press
- Confessions of a Buddhist Atheist - Stephen Batchelor, Spiegel and Grau