

Reading List

Required	Recommended
<p>Anatomy & Physiology</p> <ul style="list-style-type: none"> • Key Muscles of Yoga, by Ray Long, ISBN 978-1607432388 	<p>Anatomy & Physiology</p> <ul style="list-style-type: none"> • Atlas of the Human Body, Vigué Martín • Anatomy for Yoga with Paul Grilley (DVD) • Yoga Anatomy, by Leslie Kaminoff • Your Body Your Yoga, by Bernie Clark
<p>Yin Yoga</p> <ul style="list-style-type: none"> • The Complete Guide to Yin Yoga, by Bernice Clarke, ISBN 978-0968766583 • Do-In, Tao Yoga for Health and Energy, by Lilian Kluivers paperback excl. videos, ISBN 978-9082752304 or e-book incl. videos which can be downloaded, ISBN 978-9060307489 	<p>Yin Yoga</p> <ul style="list-style-type: none"> • Insight Yoga, by Sarah Powers (also DVD's Heaven & Earth) • Yin Yoga: Principles & Practice , by Paul Grilley (also DVD) • Do-In, Tao Yoga voor Gezondheid en Energie, by Lilian Kluivers (incl. video link) in Dutch • Craniosacral Chi Kung, by Mantak Chia and Joyce Thom
<p>(Vinyasa) Yoga</p> <ul style="list-style-type: none"> • The Yamas and the Niyamas: Exploring Yoga's Ethical Practice, by Deborah Adele, ISBN 978-0974470641 <p>Module II:</p> <ul style="list-style-type: none"> • Teaching Yoga, by Mark Stephens, ISBN 978-1556438851 • Yoga Sequencing: Designing Transformative Yoga Classes, by Mark Stephens, ISBN 978-1583944974 	<p>(Vinyasa) Yoga</p> <ul style="list-style-type: none"> • Wheels of Life, by Anodea Judith • Ashtanga Yoga: The Practice Manual, by David Swenson • Hatha Yoga Pradipika, by Mukthibodhananda Swami • The Sacred Language of Yoga: A Reference Guide to the Philosophy, Mantras, and Vocabulary of the Yoga Tradition, by Jay Kumar