



## **REQUIRED TEXTS & SUGGESTED READING LIST 300 hr Advanced Teacher Training**

**Required texts for 300 Hr Yoga Teacher Training** : (Please make sure you have all the texts with you either before or at the start of your program)

- 1) In the Buddha's Words : An anthology of discourses from the Pali Canon by Bhikkhu Bodhi
- 2) The Upanishads by Eknath Easwaran
- 3) Yoga Spandakarika : The sacred texts at the origins of Tantra by Daniel Odier

**FOR 200 Hr TEACHERS FROM TRADITIONS OTHER THAN YOGASAAR** : Please make yourself familiar with the following texts before your 300 hr training.

Anatomy : The key muscles of yoga by Ray long  
Yoga Sutras : Inside the Yoga Sutras by Reverend Jaganath Carrera  
Tantric Text : The Radiance Sutras by Lorin Roche  
Bhagavad Gita : The Living Gita by Sri Swami Satchidananda

**Suggested reading list** : these books are highly recommended for teachers and those looking to deepen their understanding of yoga. Our suggestion is to spread your learning of the following subjects over 3-5 years and to study under the guidance of a teacher well versed in these subjects.

### **Asana**

Moving into stillness - Eric Schiffman  
Light on yoga - B.K.S Iyengar  
Yoga the Iyengar way - Silva Mehta  
Yoga for body, breath and mind - A.G Mohan  
Yoga for your type - Dr. David Frawley

## **Scripture & Philosophy**

The Upanishads - Sri Aurobindo  
Tao Te Ching - Stephen Mitchell  
The Siva Samhita - R.B Vasu  
The Gheranda Samhita - R.B Vasu  
The Concise Yoga Vasishtha - Swami Venkatesananda  
Hatha Yoga Pradipika - any translation  
The Dhammapada - Easwaran  
Shiva Sutras: The supreme awakening - Swami Lakshmanjoo  
Tantra : the path of ecstasy - George Feurstein  
Vijnanbhairava - Jaidev Singh  
Shiva - Wolf-Dieter Storl

## **Anatomy/Physiology/Kinesology**

The Anatomy of Movement - Blandine Calais Germain  
Yoga Anatomy - Leslie Kaminoff  
The key poses of Yoga - Ray long  
Energy Medicine - Donna Eden

## **Subtle anatomy**

Eastern Body Western mind - Anodea Judith  
Wheels of Life - Anodea Judith  
Mudras - Gertrude Hirschi

## **Meditation**

Insight meditation - Sharon Salzberg  
Kundalini tantra - Bihar school of yoga  
Meditation and tantras - Swami Vishnudevananda  
The heart of the Buddha's teaching - Thich Nhat Hanh  
Transformation and healing - Thich Nhat Hanh