



## Yoga and Personal Trainer Certification

Where East meets West for Integrative Fitness

*Reading List*

### Required Texts

Moving Toward Balance, 8 Weeks of Yoga with Rodney Yee by Rodney Yee and Nina Zolotow

The Heart of Yoga by T.K.V. Desikachar

The Wheels of Life by Anodea Judith

Yoga Anatomy by Leslie Kaminoff

Living Your Yoga: Finding the Spiritual in Everyday Life by Judith Lasater

Bringing Yoga to Life: everyday practice of enlightened living. By Donna Farhi

Poised for Grace by Douglas Brooks

NASM Essentials of Personal Fitness Training, Fourth edition

### Recommended Reference Texts

\* Trail Guide to the Body: how to locate muscles, bones and more by Andrew Biel

Light on Yoga: Yoga Dipika by BKS Iyengar

Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners by David Coulter

The Subtle Body: An Encyclopedia of Your Energetic Anatomy by Cyndi Dale

Scientific Keys-Volume 1, The Key Muscles of Hatha Yoga by Ray Long

Sacred Sanskrit Words: For Yoga, Chant, and Meditation by Leza Lowitz and Reema Datta

30 Essential Yoga Poses: For Beginning Students and Their Teachers by Judith Hanson Lasater

The Yoga Asana Index: a complete index of hatha yoga postures by Bruce Bowditch (includes CD)

Asana flash cards of your choice

### Recommended Inspirational and Philosophical Texts

\* Teaching Yoga by Donna Farhi

\* Bhagavad Gita translated by Stephen Mitchell

\* The Radiance Sutras by Lorin Roche, PhD

\* Anusara Yoga Teacher Training Manual

Yoga Beyond Belief: Insights to Awaken and Deepen your Practice by Ganga White

The Yoga Sutras of Patanjali translated by Sri Swami Satchidananda

Yoga and the Quest for the True Self by Stephen Cope

Eastern Body, Western Mind: Psychology & the Chakra System by Anodea Judith

Waking the Global Heart by Anodea Judith

Meditations from the Mat: Daily Reflections on the Path of Yoga by Rolf Gates

**\*highly recommended**