



Savasana Academy of Yoga

Teacher Training Reading List

Anatomy Text – **The Key Muscles of Yoga** by Ray Long & Chris Macivor

Asana Reference – **Yoga** (Yoga Journal Books) by Linda Sparrowe

Asana Text – **Light on Yoga** by BKS Iyengar

Yama – **The World's Religions** by Huston Smith

Niyama – **Hagakure** by Tsunetomo Yamamoto

Asana – **Tao of Pooh** by Benjamin Hoff

Pranayama – **Three Deep Breaths** by Thomas Crumb

Prathyahara – **The Art of Doing Nothing** by Veronique Vienne

Dharana – **Zen in the Art of Archery** by Eugen Herrigel

Dhayana – **Mindfulness in Plain English** by Bhante Henepola Gunaratana

Samadhi – **Dancing Wu Li Masters** by Gary Zukav

Integration – **The Seven Spiritual Laws of Yoga** by Deepak Chopra

Nutrition1 – **Your Fat** by Jay Co

Nutrition2 – (independent web research)

Ethics – **The Little Me and the Great Me** by Lou Austin

Business/Marketing – **It's Not How Good You Are, It's How Good You Want to Be** by Paul Arden