

## **Textbooks and Materials**

***On the first day of training, students receive a complimentary AUM Home Shala 300-hour yoga teacher binder to organize class handouts.***

***Below are REQUIRED texts and materials to support the learning in Both Modules: Satchidananda, and Patañjali. The Yoga Sūtras of Patañjali. Integral Yoga Publications, 2012***

*Satchidananda. The Living Gita: the Complete Bhagavad Gita: a Commentary for Modern Readers. H. Holt, 1990.*

Saraswati, Muktibodhananda, et al. *Hatha Yoga Pradipika = Light on Hatha Yoga: Including the Original Sanskrit Text of the Hatha Yoga Pradipika with Translation in English.* Yoga Publications Trust, 2012

*Fox, Michael J. Always Looking up: the Adventures of an Incurable Optimist. Hachette Books, 2014.*

***Below are RECOMMENDED texts and materials to support the learning in each module:***

### **MODULE A**

Blaine, S. *Yoga for Healthy Knees: What You Need to Know for Pain Prevention and Rehabilitation.* Berkeley, Calif.: Rodmel. 2005

Desikachar, T. K., & Desikachar, K. *The Viniyoga of Yoga.* India: Krishnamacharya Yoga Mandiram. 2007

Fishman, L., & Saltonstall, E. *Yoga for Arthritis: The Complete Guide.* New York: W.W. Norton. 2008

Fishman, L., & Saltonstall, E. *Yoga for Osteoporosis: The Complete Guide.* New York: W. W. Norton & Co. 2010

Goldberg, Michelle *The Goddess Pose: The Audacious Life of Indra Devi, the Woman Who Helped Bring Yoga to the West* New York City Alfred Knopf 2015

Gorman, D. *The Body Moveable: Blueprints of the Human Musculoskeletal System : Its Structure, Mechanics, Locomotor and Postural Functions.* Guelph, Ont.: Ampersand Press. 1989

Kaminoff, L., & Matthews, A. *Yoga Anatomy-2nd Edition.* New York: Human Kinetics Publishers. 2011

Lad, V. *Ayurveda: The Science of Self-Healing.* Twin Lakes, WI: otus press. 2004

McCall, T. B. *Yoga as Medicine: The Yogic Prescription for Health & Healing: A Yoga Journal Book.* New York: Bantam Books. 2007

Mohan, A. G., & Mohan, I. *Yoga Therapy: A Guide to the Therapeutic use of Yoga and Ayurveda for Health and Fitness*. Boston:Shambhala Publications. 2004

Payne, L. *The Business of Teaching Yoga*. Los Angeles, CA: Samata International. 2000

Payne, L., Usatine, R., & Aronson, M. *Yoga Rx: A Step-by-Step Program to Promote Health, Wellness, and Healing for Common Ailments*. New York: Broadway Books. 2002

Satchidananda, S. *The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras* by Sri. Swami Satchidananda. Yogaville: Integral Yoga Publications. 1997

\*REQUIRED

Satchidananda, S. *The Living Gita: the Complete Bhagavad Gita : A Commentary for Modern Readers* Yogaville: Integral Yoga Publications. 1988

\*REQUIRED

Singleton, M. *Yoga Body: The Origins of Modern Posture Practice*. Oxford: Oxford University Press. 2010

Sullivan, M. *The Anatomy of Yoga and Creating a Healthy Back with Pranakriya Yoga*. Atlanta, GA: Marlysa Sullivan. 2008

REQUIRED DVD VIEWING: Module A

Nalan, P. (Director). *Aryurveda-The Art of Being* (Motion Picture). India: Pan Nalan. 2004

SUGGESTED DVD VIEWING: Module A

Desai, G (Director). *Yoga Unveiled* (Documentary). United States: Gita Desai. 2004

## **MODULE B**

Davidson, R. J., & Begley, S. (2012). *The Emotional Life of Your Brain: How its Unique Patterns Affect the Way You Think, Feel, and Live--and how you can change them*. New York: Viking.

Doidge, N. (2007). *The Brain that Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science*. New York:Viking.

Houston, J. (2012). *The 11 Karmic Spaces: Choosing Freedom from the Patterns that Bind you*. Sebastian, Fla.: Kashi Publishing.

Lad, V. (2004). *Ayurveda: The Science of Self-Healing*. Twin Lakes, WI: lotus press.

Lerner, M. (1994). *Choices in Healing: Integrating the Best of Conventional and Complementary Approaches to Cancer*. Cambridge, Mass.: MIT Press.

McCreadie, K., & Hill, N. (2008). *Napoleon Hill's Think and Grow Rich a 52 brilliant ideas Interpretation*. Oxford: Infinite Ideas.

Muktibodhananda, S. (1998). *Hatha Yoga Pradipika = Light on Hatha Yoga : Including the Original Sanskrit Text of the Hatha Yoga Pradipika with translation in English (3rd ed.)*. Munger, Bihar, India: Yoga Publications Trust. White, D. G. (2003).

Ornish, D. (1990). *Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease without Drugs or Surgery*. New York: Random House.

Ram, B. (2013). *Warrior Pose: How Yoga (literally) Saved My Life*. Dallas: BenBella Books.

Sacks, O. W. (1990). *Awakenings*. New York: Harper Perennial.

Satchidananda, S. (2000). *The Living Gita: The Complete Bhagavad Gita : A Commentary for Modern Readers*. Yogaville: Integral Yoga Publications. 1988

\*REQUIRED

Satchidananda, S. (1997). *The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras by Sri. Swami Satchidananda*. Yogaville: Integral Yoga Publications. 1976

\*REQUIRED

Shahar, T. (2008). *Happier*. London, Eng.: McGraw-Hill

Trungpa, Chogyam (1973). *Cutting Through Spiritual Materialism* Boston: Shambala Classics.

White, D. G. (2003). *Kiss of the Yoginī "Tantric sex" in its South Asian contexts*. Chicago: University of Chicago Press.

*Yoga Therapy in Asthma, Diabetes and Heart Disease: (principles, practice, scientific results). (1987)*. Santa Cruz, Bombay: Yoga Institute.