

## WHY YTT 2024 Reading List

Required books will cost an additional \$100 - \$200 depending on where purchased and condition (used or new).

### Required Reading List:

Light on Yoga – B.K.S. Iyengar  
The Heart of Yoga – T.K.V. Desikachar  
Ashtanga Yoga The Practice Manual – David Swenson  
Power Yoga – Beryl Bender Birch  
The Key Muscles of Yoga – Ray Long, MD  
Anatomy For Yoga DVD – Paul Grilley  
Man's Search For Meaning – Viktor E. Frankl  
The Science of Breath – Yogi Ramacharaka  
The Art of Living: Vipassana Meditation – S.N. Goenka  
Dr. Dean Ornish's Program for Reversing Heart Disease – Dean Ornish, MD

### Suggested Reading List:

The Great Work of Your Life – Stephen Cope  
A Life Worth Breathing – Max Strom  
The Four Agreements – Don Miguel Ruiz  
A Mind at Home with Itself – Kate Byron  
Yin Yoga: Principles and Practice – Paul Grilley  
  
The Yoga Sutras of Patanjali – Translation by Easwaran  
Teaching People Not Poses: 12 Principles for Teaching with Integrity – Jay Fields  
Other Selections TBD