

Yoga Flow Studio

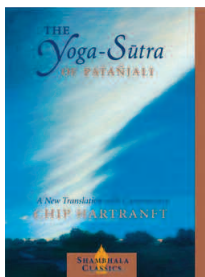
300 Hour Advanced Teacher Training

Philosophy Module - Required & Suggested Books

The following list contains the three required books for the Classical Yoga Philosophy and Ethics section of your training as well as several suggested books. I am often asked to recommend supplemental reading and although I prefer to know more about the person asking before I make a recommendation, this list is more generic in nature and so I think anyone can benefit from reading them. But they are not required!

If you have any question regarding this list or have any problems locating the books please contact Sal at: salvatore.familia@gmail.com or 631-617-3882.

Required by Sal: Patanjali's *Yoga Sutra*

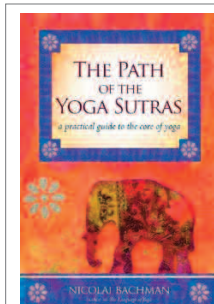


The Yoga-Sutra of Patanjali:

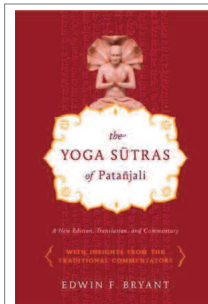
A New Translation with Commentary (Shambhala Classics)

This is the recommended translation of Patanjali's Yoga Sutra that we will be using during the course. If you already own any of the following texts (alternative translations) they will be fine as well. This text will be supplemented by several handouts. It is also recommend that you look over the "suggested reading" list for book suggestions to supplement your library.

Acceptable alternative translations (if you already own any of these):

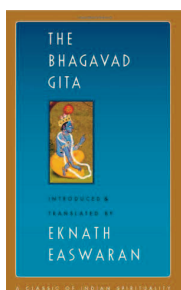


The Path of the
Yoga Sutras: A
Practical Guide to
the Core of Yoga
by Nicolai Bachman
Publisher: Sounds True



The Yoga Sutras of
Patañjali: A New Edition,
Translation, and
Commentary
by Edwin F. Bryant
Publisher: North Point
Press

Required by Sal: The Bhagavad Gita

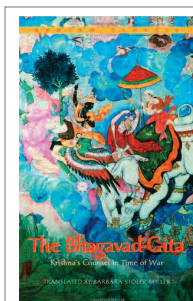


The Bhagavad Gita (Classics of Indian Spirituality)

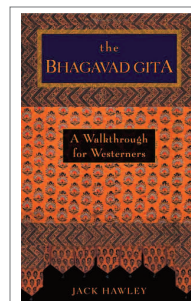
by Eknath Easwaran - Publisher: Nilgiri Press

There are many good translations of the Bhagavad Gita but this or one of the two alternatives are recommended. Please avoid any translation that formats the Gita in prose or that does not number the individual verses. Also, *The Bhagavad Gita as It Is* as well as the Yogananda or Edward Arnold translations are not suitable for this course.

Acceptable alternative translations (if you already own any of these):

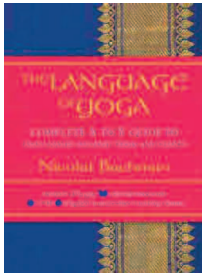


The Bhagavad-Gita:
Krishna's Counsel
in Time of War
(Bantam Classics)
Publisher: Bantam Classics



The Bhagavad Gita: A
Walkthrough for
Westerners
by Jack Hawley
Publisher: New World Library

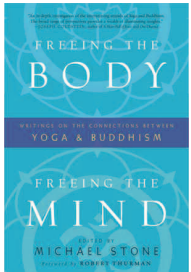
Required by Sal:



The Language of Yoga: Complete A to Y Guide to Asana Names, Sanskrit Terms, and Chants by Nicolai Bachman - Publisher: Sounds True

For the serious yoga student, a reference guide demonstrates how to read and pronounce sacred sounds with precision, including more than 200 asanas with illustrated yoga postures and 300 Sanskrit definitions, then guides the student through seven yoga chants with exact rhythm, tone, and pronunciation.

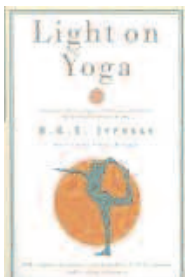
Required by Sal:



Freeing the Body, Freeing the Mind: Writings on the Connections between Yoga and Buddhism by Michael Stone and Robert Thurman

In this collection of provocative essays by prominent teachers of Yoga and Buddhism, the common ground of these two ancient traditions becomes clear. Michael Stone has brought together a group of intriguing voices to show how Buddhism and Yoga share the same roots, the same values, and the same spiritual goals. The themes addressed here are rich and varied, yet the essays all weave together the common threads between the traditions that offer guidance toward spiritual freedom and genuine realization.

Required by Lorraine:



Light on Yoga: Yoga Dipika - by B. K. S. Iyengar - Publisher: Schocken

The definitive guide to the philosophy and practice of Yoga--the ancient healing discipline for body and mind--by its greatest living teacher. Light on Yoga provides complete descriptions and illustrations of all the positions and breathing exercises. Features a foreword by Yehudi Menuhin. Illustrations throughout.

Required by Lorraine:



The Key Poses of Yoga: Scientific Keys, Volume II by Ray Long Publisher: BandhaYoga

This book offers a scientific approach to understanding the practice of hatha yoga. Through four-color, three-dimensional illustrations of major muscles, tendons, and ligaments, Ray Long describes the practice and benefits of hatha yoga. Specific anatomical and physiological descriptions highlight the agonist, antagonist, and synergist muscles that come into play with each pose.

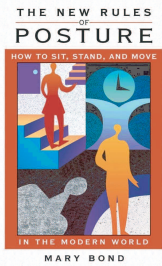
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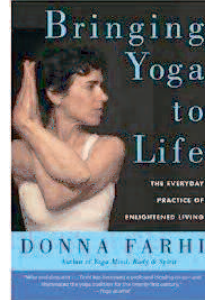
The Way of Liberation: A Practical Guide to Spiritual Enlightenment - by Adyashanti - Publisher: Open Gate Sangha

The Way of Liberation is Adyashanti's stripped-down, practical guide to spiritual awakening. With a profound simplicity it outlines the Foundations, Orienting Ideas, and Core Practices that are essential in the process of waking up to the absolute nature of Reality and living it to the fullest extent possible. May this book serve as an insightful companion on your journey to that place of sacredness, to the flow and flowering of existence beyond all notions of self.

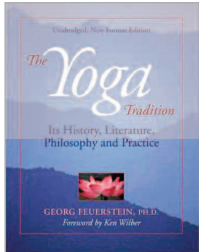
Recommended books (not required for the course, great additions to your library!)



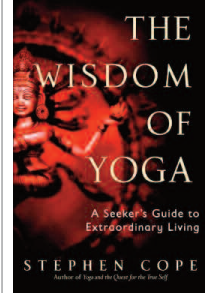
The New Rules of Posture: How to Sit, Stand, and Move in the Modern World
by Mary Bond
Publisher: Healing Arts Press



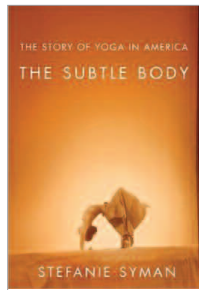
Bringing Yoga to Life: The Everyday Practice of Enlightened Living
by Donna Farhi
Publisher: HarperOne



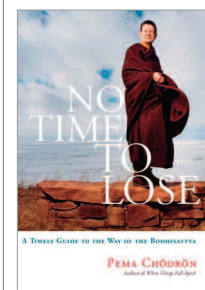
The Yoga Tradition: Its History, Literature, Philosophy and Practice
by Georg Feuerstein
Publisher: Hohm Press



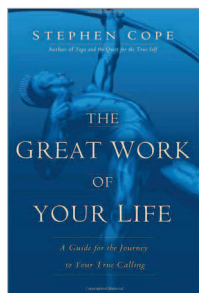
The Wisdom of Yoga: A Seeker's Guide to Extraordinary Living
by Stephen Cope
Publisher: Bantam



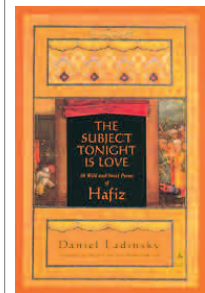
The Subtle Body: The Story of Yoga in America
by Stefanie Syman
Publisher: Farrar, Straus and Giroux



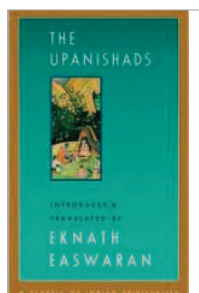
No Time to Lose: A Timely Guide to the Way of the Bodhisattva
by Pema Chodron
Publisher: Shambhala



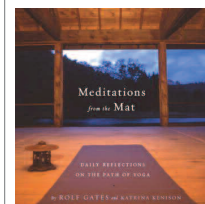
The Great Work of Your Life: A Guide for the Journey to Your True Calling
by Stephen Cope
Publisher: Bantam



The Subject Tonight Is Love: 60 Wild and Sweet Poems of Hafiz
by Hafiz, Daniel Ladinsky trans.
Publisher: Penguin Books



The Upanishads (Classic of Indian Spirituality)
by Eknath Easwaran
Publisher: Nilgiri Press



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