



Level 3 Diploma in Teaching Yoga

Recommended Reading

The Yoga Sutras of Patanjali, Sri Swami Satchidananda, Integral Yoga Publications, 1990

Light on Yoga, BKS Iyengar, HarperCollins Publishers, Thorsons Classics edition, 2001

The Bhagavad Gita, Eknath Easwaren, Nilgiri Press, second edition, 2007

The Heart of Yoga, TKV Desikachar, Inner Traditions Bear and Company, 1999

Asana Pranayama Mudra Bandha, Swami Satyananda Saraswati, Yoga Publications Trust, 2002

Functional Anatomy of Yoga, David Keil, Lotus Publishing, 2014

Yoga Sequencing: Designing Transformative Yoga Classes, Mark Stephens, North Atlantic Books, U.S., 2012

Teaching Yoga: Essential Foundations and Techniques, Mark Stephens, North Atlantic Books, U.S., 2010

Chakra Yoga, Anodea Judith, Llewellyn Publications, U.S., 2015,