



## Teacher Training & Yoga Immersion Program Book List

Listed below are the books listed in your training manual. The manual is not issued until a couple of weeks before your first training day. Your training manual will outline what to read for each session and you will have ample time to read the first session's readings when you get your manual along with instructions from Ruth Campbell. Communication is via email so please tell us immediately of a changed email address.

At the same time as you receive your training manual, you will also be emailed a Dropbox link to a folder of articles, which we refer to it as the "Reading Folder". We suggest you download and install Dropbox on your computer and become familiar with it. And we advise you download and save these articles for ease of access when the time comes.

But for now we suggest just checking out the books. You may want to start hunting for good deals online for these books. I have found [www.booko.com.au](http://www.booko.com.au) helpful in finding the best deals. Just search by the ISBN provided on the list.

The best one to start reading "without pressure", is Schiffmann's *Yoga The Spirit & Practice of Moving into Stillness*. Then just start familiarising yourself with the others. Let the training guide you later and not overwhelm you.

### Reference Book List

#### Required Texts

**Yoga Anatomy** by Leslie Kaminoff - 2<sup>nd</sup> Edition

ISBN: 978-1450400244 Publisher Human Kinetics Publishers October 2011

ISBN: 978-1450419840 eBook version 2012

**Yoga The Spirit and Practice of Moving Into Stillness** by Erich Schiffmann

ISBN:978-0671534806 Publisher Gallery Books December 1996

**The Key Muscles of Yoga** by Ray Long

ISBN:978-1607432388 Publisher Bandha Yoga August 2009

**Light on Life** by B K S Iyengar

ISBN:978-1905744268 Publisher Rodale July 2008



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*Recommended but not mandatory*

**Light on Yoga** by B. K. S. Iyengar

ISBN: 978-0007107001 Publisher HarperCollins Publishers April 2001

**The Language of Yoga** by Nicholai Bachman

ISBN: 978-1591792819

Refer <http://www.sanskritsounds.com/35/the-language-of-yoga.html>

**Yoga As Medicine** by Yoga Journal and Timothy McCall

ISBN:978-0553384062 Publisher Bantam US October 2007

**Patanjali's Yoga Sutras:**

There are many different translations of Patanjali's Sutras. If you have your own copy, you are welcome to bring it to class to incorporate into the discussion.

**Hatha Yoga Pradipika :**

Source: <http://www.hermetics.org/pdf/HathaYogaPradipika.pdf>

The file has been saved in the Reading Folder: HathaYogaPradipika.pdf so you will receive the correct copy in the Dropbox delivery and reading it can wait.

**Mudras: Yoga in Your Hands** by Gertrud Hirschi

ISBN: 978-8170306825 Paperback,

published August 2000, by Sri Satguru Publications, New Delhi, India

ISBN: 978-1609250584 eBook,

published May 2000, by Weiser Books