

DWC YTT Booklist For 2024

- ***“Yoga Sutras of Patanjali”*** by Sri Swami Satchidananda
- ***“The Bhagavad Gita, 2nd Edition”*** translated by Eknath Easwaran
- ***“Yoga Nidra”*** by Swami Satyananda Saraswati
- ***“Yoga Nidra: A Meditative Practice for Deep Relaxation and Healing”*** by Richard Miller
- ***“Loving-Kindness: The Revolutionary Art of Happiness”*** by Sharon Salzberg
- ***These Chakra Reference Cards:***
https://www.amazon.com/dp/B0BDSY4JWQ?ref=cm_sw_r_apin_dp_SAR5TS4BDCDCDTDFTWVK&language=en-US
- ***“The Yamas & Niyamas: Exploring Yoga’s Ethical Practice”*** by Deborah Adele
- ***“Anatomy of the Spirit”*** by Caroline Myss
- ***“The Key Poses of Yoga” & “The Key Muscles of Yoga”*** by Ray Long
- ***“Bodymind”*** by Ken Dychtwald
- ***“The Complete Guide to Yin Yoga: Philosophy & Practice”*** by Bernie Clark
- ***“Relax and Renew”*** by Judith Hanson Lasater
- ***“Yoga for Everyone: 50 Poses For Every Type Of Body”*** by Diane Bondy
- ***“Yoga Sequencing”*** by Mark Stephens
- **Optional but useful:**
 - ***“The Language of Yoga: Complete A to Y Guide to Asana Names, Sanskrit Terms, and Chants”*** by Nicolai Bachman
 - ***“Bringing Yoga to Life”*** by Donna Farhi
 - ***“Tree of Yoga”*** by Iyengar
 - ***“The Brain that Changes Itself”*** by Norman Doidge
 - ***“Wherever You Go There You Are”*** by Jon Kabat-Zinn