

YTT Booklist

- ***“Yoga Sutras of Patanjali”*** by Sri Swami Satchidananda
- ***“Bhagavad Gita, A New Translation”*** translated by Stephen Mitchell
- ***“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
- ***“Wherever You Go There You Are”*** by Jon Kabat-Zinn
- ***“Chakra Meditation”*** by Swami Sradananda
- ***“The Key Poses of Yoga” & “The Key Muscles of Yoga”*** by Ray Long
- ***“Bodymind”*** by Ken Dychtwald
- ***“Yin Yoga: Principles & Practice”*** by Paul Grilley
- ***“Relax and Renew”*** by Judith Hanson Lasater
- ***Yoga for Everyone: 50 Poses For Every Type Of Body*** by Diane Bondy
- **Optional but useful: *“The Language of Yoga: Complete A to Y Guide to Asana Names, Sanskrit Terms, and Chants”*** by Nicolai Bachman