

Required Reading

Hatha Yoga Pradipika

Bhagavad Gita - any (often free)

Yoga Sutras - Bryant version

Autobiography of a yogi - Pramahansa Yogananda

Anatomy of Hatha Yoga: A Manual for Students, Teachers,
and Practitioners H.D. Coulter

Supplementary resources/recommended reading:

If you are a visual learner, an anatomy colouring book can be
a good visual aide.

Or

Human anatomy atlas 2021 - \$24.99 app

Yoga 108 - learning Sanskrit names of postures (free)

The Yoga Tradition - Georg Feurstein

Raja Yoga - Swami Vivakananda

Moola Bandha The Master Key

Yoga Management of Common Disease

Rigveda

Upanishads

Sunday, August 2, 2020

We will also read chapters or excerpts from my personal reference books.