

## YOGA – BOOKLIST

There are thousands of yoga books available – here are a few of my favourites:

***The New Book of Yoga***, Sivananda Yoga Vedanta Centre  
- a good basic general book with beautiful colour illustrations

***The Yoga Bible***, Christina Brown  
- a handy little book showing over 170 yoga postures

***Asanas***, Dharma Mittra  
- 608 yoga poses demonstrated by Dharma Mittra – beautiful black & white photos with no instructions

***The Heart of Yoga***, T.K.V. Desikachar  
- Desikachar was the son of Krishnamacharya, the father of modern yoga

***Awakening the Spine***, Vanda Scaravelli  
- a look at yoga from the perspective of gravity and breath

***Anatomy of Hatha Yoga***, H. David Coulter  
- an expensive book, but worth it if you have an interest in anatomy

***Yoga Sutras of Patanjali***  
- there are many translations of this ancient classic by Pantanjali – choose any translation that appeals to you

***The Language of Yoga***, Nicolai Bachman  
- this book includes 2 CDs for people who are interested in the correct pronunciation of Sanskrit

***The Sivananda Book of Meditation***, The Sivananda Yoga Vedanta Centre  
- an interesting book on meditation including yogic theory about cleansing practices and ethics

***Hatha Yoga***, Theos Bernard  
- written in 1950 by Theos Bernard, one of the first Westerners to become a disciple of a yoga teacher in India, travel to Tibet, and write about it – too complicated for most beginners - the explanatory footnotes are longer than the text

***Hatha Yoga Pradipika***, Yoga Publications Trust, Munger, Bihar, India  
- a yoga classic for people interested in ancient writings about yoga – too complicated and confusing for most beginners