

Adaptive Yoga for Essential Well-Being

Required Reading

The Yoga Sutras by Patanjali, any translation. If you are unsure about which translation to purchase, I'll recommend to you.

Yoga Anatomy, by Leslie Kaminoff

Required Materials

1. Your manual will be delivered to you electronically. You may choose to take notes electronically on a laptop or ipad. If you decide to print out your manual you will need a **3 inch binder** to store it. You may choose to only print out the ASANA section, in which case you will need a **2 inch binder**.
2. White write-on tabs for separating sections in your manual
3. A private notebook to use as your journal
4. Graph paper pads for scribing classes
5. Plastic sheet protectors for storing scribed classes (this is my suggestion or you can store them standard 3-punch or scan the practices and keep them electronically)
6. Ticonderoga Black #2 Pencils and a sharpener for scribing classes
7. Yoga mat

Recommended Reading Materials

Yoga and Lifestyle

Yoga for Transformation, Gary Kraftsow

Yoga for Wellness, Kraftsow

Health, Healing and Beyond, TKS Desikachar

Living Your Yoga, Judith Hanson Laster

Essential Yoga Poses, Lasater

Ayurveda

Ayurveda, The Science of Self Healing, Vasant Lad

3 Season Diet, Douillard

Ayurveda and Marma Therapy, Frawley

Yoga and Ayurveda, Frawley

Prakriti, Svoboda

Yoga for Your Type, Frawley

Adaptive Yoga for Essential Well-Being

Ayurveda and the Mind, Frawley

Anatomy and Physiology, Yoga as Healthcare and Condition-Specific Material

Yoga as Medicine, McCall

The Principles and Practice of Yoga in Health Care, Khalsa et al

Functional Anatomy of Yoga, Keil

Kinesiology of the Musculoskeletal System, Neumann

Anatomy and Physiology, Martini et al

The Physiology of the Joints, Volume 3

Trail Guide to the Body

Anatomy of Hatha Yoga, Coulter

Yoga For Osteoporosis, Fishman

The Psoas Book, Koch

Yoga For Arthritis, Fishman

The Muscle Manual, Vizniak

Best Practices for Yoga with Veterans, Horton

21st Century Yoga: Culture, Politics and Practice, Horton/Harvey

Trigger Point Self-Care Manual for Pain Free Movement, Finando

Assessment and Treatment of Muscle Imbalance, The Janda Approach, Paige/Frank/Lardner

Sanskrit/Mantra/Chanting

Mantra, Yoga and Primal Sound, Frawley

Pranayama

The Yoga of Breath, Rosen

Swara Yoga, Swami Muktibodhananda

Vayu's Gate, Sen-Gupta

Pranascience: Decoding Yoga Breathing, Balasubramanian

The Science of Pranayama, Sivananda

Breath, Nestor

Yoga Literature, History

The Yoga Tradition, Feuerstein

The Deeper Dimensions of Yoga, Feuerstein

Path of Fire and Light, Swami Rama

Yoga Body, Singleton

A Brief History of Everything, Ken Wilbur

The Secret of the Yoga Sutras, Pandit Rajmani Tinguat

Adaptive Yoga for Essential Well-Being

The Secrets of the Yamas, Woodland Publications,

The Ethics of Love, Vimala McClure

Yoga Philosophy of Patanjali, Swami Hariharananda Aranya

The Encyclopedia of Yoga and Tantra, Feuerstein

Light on Yoga, Iyengar

Upanishads, Easwaran

Moola Bandha, The Master Key, Swami Buddhananda

The Secret Power of Yoga, Devi

Four Chapters on Freedom, Swami Saraswati

The Bhagavadgita

The Gheranda Samhita

Asana, Pranayama, Mudra, Bandha, Swami Satyananda, Saraswati

Hatha Yoga Pradipika

Nathamuni's Yoga Rahasya, Desikachar

Threads of Yoga, Remski

The Spiritual Teachings of Ramana Maharshi

Samkhya Darshan, Saraswati

Embodying the Yoga Sutras, Roy/Charltong

The Himalayan Masters, Tigunait

Cakra Resources

Clairvoyance, the Chakras, Textbook of Theosophy, The Astral Plane, C.W. Leadbeater

The Serpent Power, Avalon

Cakras, Johari

Laya Yoga, Goswami

The Psychology of Kundalini Yoga, Jung

Nuclear Evolution, The Discovery of the Rainbow Body, Hills

Theories of the Chakras: A Bridge to Higher Consciousness, Motoyama

Rainbow Body, Leland

Yoga Teaching

Teaching Yoga, Donna Farhi

The Art and Business of Teaching Yoga, Amy Ippoliti

Yoga Therapist Skill Building

Secrets of the Pulse, Lad

Curriculum-Based Motivational Interviewing/Group, Fields

Patient-Centered Interviewing, Smith

The Will Power Instinct, McGonigal

Adaptive Yoga for Essential Well-Being

The Wisdom of the Whole, Bark
Self-Care for the Self-Aware, Markowitz
The Human Odyssey, Armstrong

On Yoga For Emotional Well Being

Childhood Disrupted: How Your Biography Affects Your Biology, Nakazawa

When The Body Says No, Gabor Mate

When Survivors Give Birth, Simkin/Klaus

Yoga For Depression, Amy Weintraub

Emotional Yoga, Bija Bennett

Overcoming Trauma Through Yoga, Emerson

Traumatic Stress, Bessel Van der Kolk

Healing Addictions with Yoga, Cunningham

Freedom from Addiction, Chopra

Trauma Sensitive Yoga in Therapy, Emerson

The Psychology of Yoga, Feuerstein

The Body Remembers, Rothschild

Healing Depression the Mind-Body Way, Liebler and Moss

Mindfulness

Mindfulness Yoga, Boccio

Zen and the Brain, Austin

Mindfulness Based Stress Reduction Workbook, Goldstein

Becoming Safely Embodied Skills Manual

Coming to Our Senses, Zinn

Full Catastrophe Living, Zinn

The Other Brain, Fields

Seeking The Heart of Wisdom, Kornfield

How GOD Changes Your Brain, Newberg

No Time To Lose, Chodoron

Business Skills

The Like Switch: Jack Schafer

The 10X Rule, Grant Cardone

Primal Branding, Patrick Hanlon

How to Get a Meeting with Anyone, Stu Heinecke

The Daily Entrepreneur, Rebecca Livermore

Brainfluence, Roger Dooley

Badass Your Brand - Pia Westoval

Adaptive Yoga for Essential Well-Being

Ted Talks: The Official TED Guide

Talk Like Ted, Carmine Galla

Building a Story Brand, Donald Miller

Your Best Year Ever, Michael Hyatt

Joseph Campbell

The Hero's Journey

Inner Reaches of Outer Space

The Power of Myth

Pathways to Bliss

Myths of Light

Goddesses

Misc. Supplemental Material

The Real Meaning of the Zodiac, Kennedy

Christianity Unshackled, Eberle

The Life of St. Francis of Assisi, Saint Bonaventure

A Perfect Love: Understanding John Wesley's A Plain Account of Christian Perfection

The Gospel of John in th eLight of Indian Mysticism, Ravindra

The Confessions of St. Augustine

Francis of Assisi: In His Own Words, Sweeny

The Experience of God, Panikkar

Manifesting God, Keating

A Path With Heart, Kornfield

Gratefulness, the Heart of Prayer, Steindl-Rast

Standing at the Edge, Halifax

The Exodus You Almost Passed-Over, Forman