

alchemy of yoga

THE ART OF SELF-DISCOVERY

Reading List

REQUIRED BOOKS: It is recommended that you read the books in the following order. While nothing beats a worn hard copy aged with years of love and use, consider purchasing electronic copies if you are completing a destination-based teacher training.

- Yoga: The Spirit and Practice of Moving Into Stillness by Erich Schiffmann
- The Four Agreements by Don Miguel Ruiz
- Living Your Yoga: Finding the Spiritual in Everyday Life by Judith Lasater
- The Secret Power of Yoga by Nischala Joy Devi or The Yoga Sutras of Patanjali
- Wheels of Light by Anodea Judith
- The Complete Book of Ayurvedic Home Remedies by Vasant Lad
- Yoga for Wellness by Gary Kraftsow
- Teaching Yoga: Exploring the Teacher-Student Relationship by Donna Farhi
- The Key Muscles of Hatha Yoga by Dr. Ray Long
- How We Choose To Be Happy: The 9 Choices of Extremely Happy People by Rick Foster + Greg Hicks
- The Yamas & Niyamas: Exploring Yoga's Ethical Practice by Deborah Adele
- The Heart of Yoga: Developing A Personal Practice by T.K.V. Desikachar

RECOMMENDED BOOKS: Additional recommendations that include several of Silvia's favorites books to support continuation along the path of self-study and self-discovery.

- Yogi Bare by Philip Self
- Eastern Body, Western Mind by Anodea Judith
- The Language of Yoga by Nicolai Bachman
- The Wisdom of Yoga by Stephen Cope
- Anatomy Coloring Book
- Yoga from the Inside Out by Christina Sell
- A Path With Heart: A Guide through the Perils and Promises of Spiritual Life by Jack Kornfield
- Wherever You Go There You Are by Jack Kornfield
- Anatomy of Movement by Blandine Calais-Germain
- The Art of Forgiveness, Lovingkindness, and Peace by Jack Kornfield
- Healing Mantras by Thomas Ashley-Ferrand
- Women Who Run with the Wolves by Clarissa Pinkola Estes
- The Four Desires by Rod Stryker
- Yoga & the Path of the Urban Mystic by Darren Main
- Breathing Book by Donna Farhi
- It's Easier Than You Think by Sylvia Boorstein
- Women Code by Alisa Vitti
- Daring Greatly by Brené Brown
- The Way of the Happy Woman by Sara Stover
- The Hero's Journey by Joseph Campbell
- The Heroine's Journey by Maureen Murdock
- Be Happy by William Holden
- Sweat Your Prayers by Gabrielle Roth
- Light on Life by B.K.S. Iyengar