



200 Hour Yoga Teacher Training

Reading List

Please read as many core texts as possible, don't worry if you can't do them all, lots are available in audio form too if that's easier. And if you don't get on with any core texts or you want more reading then additional texts are there for your reference.

Core texts

Journey into Power – Baron Baptiste

Being of Power – Baron Baptiste

The Bhagavad Gita - Jack Hawley

Light on the Yoga Sutras of Patanjali - B. K. S. Iyengar

The Key Muscles of Yoga – Ray Long

Additional texts

Perfectly Imperfect – Baron Baptiste

The Monk Who Sold his Ferrari - Robin Sharma

Feel the Fear and Do it Anyway – Susan Jeffers

The Chimp Paradox – Steve Peters

The Secret – Rhonda Byrne

The Power of Now – Eckhart Tolle

Eastern Body, Western Mind - Anodea Judit

Living your Yoga - Judith Lasater

The Body Keeps the Score - Bessel van Der Kolk

The Universe Has Your Back: Transform Fear to Faith - Gabrielle Bernstein