



## **200 Hour Yoga Teacher Training**

### **Course Reading List**

#### **Pre-course Assignment**

Please find below your course reading list. Before beginning your course we ask if you are able to send us 2 paragraphs which explain how 2 of the texts below made you feel (not recite the content, but share how it impacted you / what it helped you realise about yourself). This is purely to help you engage with the texts and help us get to know you better before the course begins. We will have a group discussion on where it will be optional to share your learnings. **Please send these in at least 1 week before the course start date so we have time to read them in advance.**

#### **Course Reading**

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. **We don't require you to complete any of the books before you start the course. We will cover all the core texts together,** but for those of you who would like to get ahead on some reading, the below are the main books we 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** - *this is a challenging text, do not worry if it doesn't make sense on your own*

***The Key Muscles of Yoga* – Ray Long** - *This is an anatomy book which is useful to have a hard copy of, and you will need to bring this on your anatomy training day, will remind you of this the day before.*

#### **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 Judith  
*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

### **Podcast**

Your course leaders Laura Clayton and Rebecca Clissett host a podcast called '**North Node: The Yoga and Astrology Podcast**' they discuss topics which are relevant to your training - this podcast is available on all podcast platforms:

<http://www.buzzsprout.com/2399760>

Some course relevant episodes below:

**Episode 1: Introductions, Our Paths into Yoga & Astrology & our 'Why'**

**Episode 2: What is Health Really? And a deep dive into yoga...**

**Episode 4: Dharma, how to discover your true purpose**

**Episode 6: Stress, the vagus nerve & resilience**

**Episode 8: Sthira & Sukhum, the 2 qualities that if you embody will improve your lived human experience**

**Episode 9: The Yamas & Niyamas, Yoga's code of conduct**

**Episode 20: Chakras, subtle energy systems & frequency**

**Episode 21: Ayurveda, TCM & Finding Balance with Health**

*Enjoy!*