

JOY YOGA

FOUNDATIONAL TRAINING COURSE

Yoga Teacher Training Course Reading List

1 *Iyengar's Light on Yoga

This will help you learn the poses, study the names and pick up some tips. It is informative and easy to digest.

2 * **Anatomy and Physiology for Dummies -- Donna Rae Siegfried and Maggie Norris** -- This book will be used for reading assignments to prepare you for the Anatomy Sections of the course.

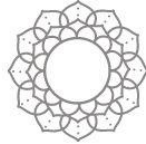
https://www.amazon.co.uk/Anatomy-Physiology-Dummies-3rd-Lifestyle/dp/1119345235/ref=sr_1_1?crid=1DIU9YU54AYF6&keywords=Anatomy+and+Physiology+for+Dummies&qid=1645631588&srefix=anatomy+and+physiology+for+dummies%2Caps%2C461&sr=8-1

Yes, I know, an unfortunate name but it is a good primer and easily available online. This book will be used for reading assignments to prepare you for the Anatomy Sections of the course and also to help you understand the physiology that is fully relevant to the asana and pranayama practices.

Another great anatomy book for yoga asana is Ray Long's The Key Muscles of Yoga. He has a number of other books in the series but this one is sufficient for now. This is not required but worth a look.

3 * **Science of Breath** – Swami Rama & Rudolph Ballentine

https://www.amazon.co.uk/SCIENCE-BREATH-Swami-Rudolph-Ballentine/dp/0893891517/ref=sr_1_1?crid=1BUEYCHS5QYXH&keywords=Science+of+Breath&qid=1645631535&srefix=science+of+breath%2Caps%2C1432&sr=8-1



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4 * **Bhagavad Gita** – any copy – can be just a simple booklet with each verse to a book with verses and explanation

This is one good option by Sri Swami Satchidananda:

https://www.amazon.co.uk/Living-Gita-Complete-Bhagavad-Commentary-ebook/dp/B00G4GK20W/ref=sr_1_1?crid=SW6N0ZY4T4FN&keywords=The+Living+Gita%3A+The+Complete+Bhagavad+Gita&qid=1645631711&srefix=the+living+gita+the+complete+bhagavad+gita%2Caps%2C1008&sr=8-1

All you will be asked to read are the verses so you do not need a full copy. Your choice. Just get one copy that suits you.

5 * **The Yoga Sutras of Patanjali** – any copy – can be just a simple booklet with each sutra to a book with sutras and explanation

Here again is one good commentary on the Raja Yoga Sutras by Sri Swami Satchidananda:

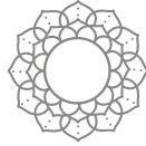
https://www.amazon.co.uk/Yoga-Sutras-Patanjali-Swami-Satchidananda/dp/1938477073/ref=sr_1_1?keywords=The+Yoga+Sutras+of+Patanjali&qid=1645631794&sr=8-1

6 * **Autobiography of a Yogi** - Paramahansa Yogananda

https://www.amazon.co.uk/Autobiography-Yogi-Reprint-Philosophical-Library/dp/1565892127/ref=sr_1_3?crid=10WY7J2PJ3F06&keywords=Autobiography+of+a+Yogi&qid=1645632014&srefix=autobiography+of+a+yogi%2Caps%2C532&sr=8-3

In addition, get a good notebook to be used as a diary.

* recommended but not required to bring to the residential part of the training.



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Glance through these books the day you get them. Do not be overwhelmed. We have many months plus the course itself to cover relevant material.

Most importantly tune in to your own practice:

- Set a time and place (ideally morning)
- Spend at least 5 minutes just focusing on the breath
- Take time to sit and clear the mind
- Establish a daily time for asana (either self or class)
- Read a verse or two of sutras/gita (ideally before bed)
- Sit and clear the mind for 5 minutes before bed