



DORSET SCHOOL OF YOGA

200 HR HOLISTIC YOGA TEACHER TRAINING

Yin Yoga Teacher Training Course Reading List

1 * Insight Yoga: An Innovative Synthesis of Traditional Yoga, Meditation, and Eastern Approaches to Healing and Well-Being

– Sarah Powers

2 * (Optional) The Complete Guide to Yin Yoga: The Philosophy and Practice of Yin Yoga – Bernie Clark

3 * The Dhammapada

– Eknath Easwaran

7 * Karma and Reincarnation - Dr. Motoyama

8* Who am I? The teaching of Bhagavan Sri Ramana Maharshi

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

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 page or two of The Dhammapada (ideally before bed)
- Sit and clear the mind for 5 minutes before bed