

JOY YOGA

FOUNDATIONAL TRAINING COURSE

Yoga Teacher Training Course Reading List

1 * **Anatomy and Physiology for Dummies -- Donna Rae Siegfried and Maggie Norris --**

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

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

This is the version I liked, but you can choose any copies.

<https://amzn.eu/d/2yXiffY>

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

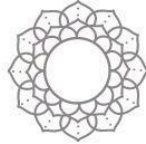
Again, this is the version I personally liked, but you can choose any copies with explanations.

<https://amzn.eu/d/23PTFsR>

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

Additional book to read (these are not compulsory but very helpful in terms of the understanding of the greater picture of yoga)

7 * **Karma and Reincarnation - Dr. Motoyama**



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

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 verse or two of sutras/gita (ideally before bed)
- Sit and clear the mind for 5 minutes before bed