YOGA PRACTICE

Hatha Yoga
Martin Kirk * Brooke Boon
Human Kinetics

Yoga The Iyengar Way
Silva, Mira * Shayama Metha
Alfred A Knopf Publisher

Yoga For Fitness and Wellness
Ravi Kykema
ISBN 0 534-57941-8

“Om Yoga” a guide to a daily practice
Cyndi Lee
Chronicle books

YOGA INSPIRATION

Anatomy of Asana: Preventing Yoga Injuries
Ravi Dykema
Functional Synergy Press

Language of Yoga
Nicolai Bachman
Sound True

Yoga for Depression
Amy Weintraub
Broadway Books

Yoga for Athletes
Aladar Kolger, PhD
Llewellyn Publishers

Creative Visualization
Shaki Gawain
New World Library

HISTORY OF YOGA

The Yoga Sutras of Patanjali
Translation & Commentary by:
Sri Swami Satchidananda
Integral Yoga Publications

The Living Gita; the complete
Bhagavada Gita
Commentary by: Sri Swami Satchidananda
Integral Yoga Publications