

***Green Tree School of Yoga Required Book List:***

The Anatomy Coloring Book, 3<sup>rd</sup> Edition. Wynn Kapit / Lawrence M. Elson.

The Anatomy of Movement. Blandine Calais-Germain. 1993.

The Bhagavad Gita. Eknath Easwaran. 1985.

Hatha Yoga: The Hidden Language, Symbols, Secrets, and Metaphor. Swami Radha.

The Heart of Yoga: Developing a Personal Practice. T.K.V. Desikachar. 1995.

Light on Yoga. B.K.S. Iyengar. Revised Edition.

Living Yoga: A Comprehensive Guide for Daily Life. Edited by Georg Feuerstein and Stephan Bodian. 1993.

Meditation and Its Practice. Swami Rama. 6<sup>th</sup> printing, 2007.

The Miracle of Mindfulness. Thich Nhat Kahn. 1976, 1976.

The Sevenfold Journey: Reclaiming Mind, Body & Spirit Through the Chakras. Anodea Judith & Selene Vega. 1993.

Yoga, Mind, Body and Spirit. Donna Farhi. 2000.

***Green Tree School of Yoga Recommended Book List:***

Anatomy of Movement Exercises. Blandine Calais-Germain, Andree Lamotte.

Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners. H. David Coulter.

Awakening the Spine. Vanda Scaravelli.

Cool Yoga Tricks. Miriam Austin.

Hatha Yoga Praidpika.

A Path with Heart: A guide Through the Perils and Promises of Spiritual Life. Jack Kornfield.

Relax and Renew: Restful Yoga for Stressful Times. Judith Lasater.

Wheels of Life: A User's Guide to the Chakra System. Anodea Judith.

Yin Yoga: A Quiet Practice. Paul Grilley.

Yoga Anatomy. Leslie Kaminoff

Yoga and the Quest for the True Self. Stephan Cope.

Yoga for Pregnancy. Sandra Jordan.

Yoga and You: Energizing and Relaxing Yoga for New and Experienced Students. Esther Myers.

.