



# A Balanced Approach Hatha Yoga Teachers Training with Allison Ulan

## Reading List for 2018 Programs

### REQUIRED:

#### Yoga Scriptures

The Bhagavad Gita, Any Translation

Light on the Yoga Sutras of Patanjali, B.K.S. Iyengar

#### Philosophy and History of Yoga:

The Yoga Tradition, Georg Feuerstein

(required chapters: Introduction, 2, 3, 7-10, 17, 18)

#### Buddhist Meditation:

A Path with Heart, Jack Kornfield

#### Anatomy/Physiology:

Anatomy of Movement, Blandine Calais-Germain

#### Pranayama and Breathwork:

The Yoga of Breath, Richard Rosen

### RECOMMENDED:

#### Asana and Practice

Sensing, Feeling and Action, Bonnie Bainbridge-Cohen

Yoga Mala, Sri. K. Pattabhi Jois

#### Hatha Yoga:

Light on Yoga, B.K.S. Iyengar

Yoga: Awakening the Inner Body, Donald Moyer

#### Ayurveda:

Prakriti, Dr. Svoboda

Yoga and Ayurveda, David Frawley

Any book by Dr. Vasant Lad

#### Scripture:

Jnanaeshvari's A Song Sermon on the Bhagavadgita Vol. 1 and 2, V.G. Pradhan (Tr.)

The Living Gita, Swami Satchitananda

The Mahabharata, William Buck (Tr.)  
The Upanishads, any translation  
Shiva Samhita, RBSC Basu  
Gheranda Samhita, RBSC Basu  
Kashmir Shavism: The Central Philosophy of Tantrism, Kamalar Mishra  
Yoga: Discipline of Freedom, Barbara Stoler Miller  
Ka – Stories of the Mind and Gods of India, Roberto Calasso

Meditation:

Lovingkindness, Sharon Salzberg  
The Miracle of Mindfulness, Thich Nhat Hanh  
The Blooming Lotus, Thich Nhat Hanh  
Mindfulness, Joseph Goldstein  
What the Buddha Taught, Walpola Rahula  
Cutting through Spiritual Materialism, Chogyam Trungpa Rinpoche  
Thoughts without a Thinker (Psychology from a Buddhist perspective), Mark Epstein, M.D.  
The Tibetan Book of Living and Dying, Sogyal Rinpoche