

YOGA RESOURCES

A Few Suggestions To Support Your Home Practice

Books Focused on Asana

Healing Yoga for People Living with Cancer by Lisa Holtby

How to Use Yoga by Mira Mehta

Om Yoga – A Guide to Daily Practice by Cyndi Lee

The Runner's Yoga Book: A Balanced Approach to Fitness by Jean Couch

The Complete Idiot's Guide to Yoga by Joan Budilovsky & Eve Adamson

The Yoga Practice Guide by Bruce Bowditch (Anusara style)

Yoga For Your Type – An Ayurvedic Approach to Your Asana Practice by David Frawley & Sandra

Kozak

Yoga the Iyengar Way by Silva, Mira, & Shyam Mehta

Yoga Mind, Body, & Spirit by Donna Farhi

Additional Books About Yoga

Awakening the Spine by Vanda Scaravelli

B.K.S. Iyengar Yoga, The Path to Holistic Health by B.K.S. Iyengar

Dancing the Body of Light by Dona Holleman & Orit Sen-Gupta

From Here to Nirvana: The Yoga Journal Guide to Spiritual India by Anne Cushman

Health, Healing & Beyond by T.K.V. Desikachar on the teachings of Krishnamacharya

Life is a Stretch: Easy Yoga Anytime, Anywhere by Elise Browning Miller

Light on Yoga by B.K.S. Iyengar

Light on Life by B.K.S. Iyengar

The New Yoga for People Over 50 by Suza Francina

Yoga For Depression by Amy Weintraub

Yoga For Wellness by Gary Kraftsow

Yoga: The Poetry of the Body by Rodney Yee

Yoga, The Spirit and Practice of Moving Into Stillness by Erich Schiffmann

Yoga & You by Esther Myers

Yoga and the Quest for the True Self by Stephen Cope

Books Specifically about Breathing & Pranayama

Light on Pranayama by B.K.S. Iyengar

Refining the Breath – Pranayama in the Anusara Style of Yoga by Doug Keller

The Breathing Book by Donna Farhi

The Yoga of Breath – A Step-by-Step Guide to Pranayama by Richard Rosen

Restorative Yoga, Yoga For Women

Back Care Basics by Mary Pullig Schatz, M.D.

Relax and Renew by Judith Lasater

The Woman's Book of Yoga & Health by Linda Sparrowe and Patricia Walden

Yoga: A Gem for Women by Geeta S. Iyengar

Yoga Builds Bones by Jan Maddern

Yoga For Pregnancy by Sandra Jordan

Yoga Philosophy

Bhagavad Gita translation by Stephen Mitchell

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

Living Yoga Edited by Georg Feuerstein & Stephan Bodian

Living Your Yoga: Finding the Spiritual in Everyday Life by Judith Lasater

Meditations from the Mat by Rolf Gates & Katrina Kenison

Poised for Grace - Annotations on the Bhagavad Gita from a Tantric View by Douglas Brooks

Teachings of Yoga by Georg Feuerstein

The Heart of the Yogi by Doug Keller

The Splendor of Recognition by Swami Shantananda

The Triadic Heart of Siva by Paul Muller-Ortega

The Yoga-Sutra of Patanjali (translation) Georg Feuerstein

The Yoga Tradition by Georg Feuerstein

Tree of Yoga by B.K.S. Iyengar

Books About Ayurveda

Ayurveda For Women by Dr. Robert E. Svoboda

Perfect Health by Deepak Chopra, M.D.

Prakriti, Your Ayurvedic Constitution by Dr. Robert E. Svoboda

Secrets of Healing by Maya Tiwari

The Complete Book of Ayurvedic Home Remedies by Vasant Lad

Books About Meditation/Spirituality

The Heart of Meditation by Swami Durgananda (Sally Kempton)

Meditation by Eknath Easwaran

Full Catastrophe Living by Jon Kabat-Zinn, Ph.d.

An Open Heart by The Dalai Lama

A Path With Heart by Jack Kornfield, Ph.D

The Essential Rumi translations by Coleman Barks w/ John Moyne

The Art of Mindful Living by Thich Nhat Hanh

The Miracle of Mindfulness by Thich Nhat Hanh

The Places That Scare You by Pema Chodron

When Things Fall Apart by Pema Chodron

Where Body Meets Soul by Elizabeth Frediani

Vegetarian Cookbooks

Ayurvedic Cooking for Self-Healing by Usha & Dr. Vasant Ladd

Eat More, Weigh Less by Dean Ornish, M.D.

Eat Taste Heal by Yarema, M.D., Rhoda & Brannigan

Estrogen The Natural Way - Recipes for Menopause by Nina Shandler

Food and Healing by Annemarie Colbin

Food and Our Bones by Annemarie Colbin

Kripalu Kitchen by Jo Ann Levitt, Linda Smith, Christine Warren

Recipes for a Small Planet by Ellen Buchman Ewald

Simple Treats by Ellen Abraham

The Balanced Plate by Renee Loux

The Voluptuous Vegan by Myra Kornfield & George Minot

The Yoga Cookbook_Recipes from the Sivananda Yoga Vedanta Centers

Vegetable Soups by Deborah Madison

CD's/DVD's

Anusara Yoga 101 with John Friend www.anusara.com

A Daily Yoga Practice for Beginners (cd) with Suzie Hurley www.anusara.com

Pranayama: The Art of Breathing with Felicity Green (audio) 206-546-1284

Relaxation (cd) Mary Pullig Schatz, M.D. 800-I-DO-YOGA

The Inner Art of Meditation with Jack Kornfield (6 cassettes)

Yoga: Alignment and Form. A Home Practice with John Friend www.anusara.com

Yoga For Meditators plus many other dvd's with John Friend www.anusara.com

Yoga Journal's Practice Series, (video) Patricia Walden, Rodney Yee 800-436-9642 or The Yoga

Journal Website www.yogajournal.com (Practice for Beginners, Practice for Flexibility, Practice for Strength, Practice for Relaxation, Practice for Energy, Practice for Meditation, Practice for Intermediates)

Website - www.sallykempton.com (books, cd's, telecourses on meditation)

Yoga for Kids

Fly Like a Butterfly by Shakta Kaur Khalsa

Yoga for Children by Mary Stewart & Kathy Philips

Kids Yoga Video by Marsha Wenig

Yoga Props

Gaiam

888-637-7716

www.gaiam.com

Jade Yoga www.jadeyoga.com

Yoga Accessories www.yogaaccessories.com