



Required Reading

Ashtanga Yoga: Practice and Philosophy	Gregor Maehle
Ashtanga Yoga Practice Manual	David Swenson
Yoga Mala	Sri. K. Pattabhi Jois
Scientific Keys Volume 2: The Key Poses of Hatha Yoga (spiral bound) anatomy text	Ray Long
Yoga Anatomy	Leslie Kaminoff
The Yoga Sutra Workshop: The Certainty of Freedom	Vyass Houston, M.A. (can be purchased thru Sun Dog Yoga)

Suggested Reading

* Astanga Yoga As It Is <i>*STRONGLY recommended</i>	Matthew Sweeney
Light On Yoga	B.K.S. Iyengar
Astanga Yoga	Sri K. Pattabhi Jois / Lino Mehle (can be purchased at Ashtanga.com)
Astanga Yoga for Women	Sally Griffin and Michaela Clarke
The Yoga Tradition: Its History, Literature, Philosophy and Practice	Georg Feuerstein

PLEASE NOTE:

We will have some of the books at the studio for purchase so you don't have to pay extra for shipping, which can add up with books!