

Yoga Spirit Academy Readings

Bring all books with you to class each month

| Month | Coulter, Anatomy of Hatha Yoga (SKIM) | Feuerstein, Deeper Dimension of Yoga | Shaw, Little Book of Yoga Breathing (PRACTICE) | Other |
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| January | pp. 565-588 | Chapters 1-6 | pp. 1-17 | Lasater, 30 Essential Yoga Poses, pp. 191-193 |
| February | pp. 67-82 | Chapters 7-13 | pp. 21-24 | Kaminoff, Yoga Anatomy, pp. 33-43 |
| March | pp. 82-91 and Chapter 7 | Chapters 14-19 | pp. 49-55 | |
| April | pp. 249-255 | Chapters 20-26 | | Herbert Benson, "The Relaxation Response" (Handout) |
| May | pp. 102-111 and 133-136 | Chapters 27-33 | | Review "Giving and Receiving Feedback" |
| June | pp. 111-132, 136-137 and Chapter 3 | Chapters 34-40 | pp. 25-31 | |
| July | pp. 552-565 | Chapters 41-47 | | |
| August | Chapter 6 | Chapters 48-53 | pp. 57-59 | |
| September | Chapter 5 | Chapters 54-59 | pp. 33-35, 53-55 | |
| October | pp. 437-455 | Chapters 60-65 | pp. 47-48, 61-63 | |
| November | Chapter 9 | Chapters 66-71 | | |
| December | | Chapters 72-78 | pp. 65-87 | |

Meditation Log: One meditation log is due each month. Meditate for 5 minutes 2 times each week using meditations from Sit a Bit.

