

## **Yoga Spirit Academy**

### **Books and supplies**

#### **Required books:**

The following books are required for the program and may be purchased at a bookstore or on-line bookseller.

H. David Coulter, *Anatomy of Hatha Yoga*, Honesdale, Penn.: Body and Breath, 2010.

Georg Feurstein, *The Deeper Dimension of Yoga*, Boston: Shambhala, 2003.

Leslie Kaminoff and Amy Matthews, *Yoga Anatomy*, Champaign, Ill.: Human Kinetics, 2011, 2d ed.

Judith Lasater, *30 Essential Yoga Poses*, Berkeley: Rodmell Press, 2003.

Victor M. Parachin, *Sit a Bit: 5-Minute Meditations for Every Occasion*, Ozark Mountain Publishing, 2012.

Scott Shaw, *The Little Book of Yoga Breathing*, Red Wheel/Weiser, 2004.

#### **Required supplies:**

The following supplies are required for the program and may be purchased at a sporting goods store or from an on-line yoga supplies store.

One yoga mat (\$16.99)

Two yoga blocks, 4 inches (\$12.99 each)

One yoga strap, 10 feet (\$6.49)

Two yoga blankets (\$16.49 each)

#### **Recommended books:**

The following books are recommended for the course and may be purchased at a bookstore or on-line bookseller.

Mara Carrico, *Yoga Journal's Yoga Basics*, New York: Henry Holt, 1997.

Victor N. Davich, *The Best Guide to Meditation*, New York: St. Martin's Griffin, 1998.

Sally Kempton, *Meditation for the Love of It: Enjoying Your Own Deepest Experience*, Sounds True, 2010.

Eknath Easwaran, *The Bhagavad Gita: Translated for the Modern Reader*, Nilgiri Press, 2007, 2d ed.

Victor M. Parachin, *Eastern Wisdom for Western Minds*, Maryknoll, N.Y.: Orbis Books, 2007.

Richard Rosen, *The Yoga of Breath*, Boston: Shambhala, 2002.