

Reading list for students Pam Johnson recommends:

The Complete Book of Yoga
Srivatsa Ramaswami

Yoga Beneath the Surface
Srivatsa Ramaswami and David Hurwitz.

A Brief Introduction to Yoga Philosophy
Based on Lectures of Srivatsa Ramaswami
David Hurwitz.

Autobiography of A Yogi
Paramhansa Yogananda

Breath, Mind and Consciousness
Harish Johari

Refining the Breath:
Pranayama the Art of the Awakened Breath
Doug Keller

Yoga and the Quest for the True Self
Stephen Cope

Yoga Immortality and Freedom
Mircea Eliade

Bringing Yoga to Life
Donna Farhi

How Yoga works
Geshe Micheal Roach

Anatomy of Hatha Yoga
David Coulter

Anatomy Trains
Tom Meyers

Health, Healing, Beyond
TKV Desikachar

Yoga Therapy – a Guide to the
Therapeutic uses of Yoga and
Ayurveda for Health and Fitness
A.G. Mohan and Indra Mohan

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

Relax and Renew
Judith Lasater

Yoga for Wellness
Gary Kraftsow

Light on Yoga
BKS Iyengar

Yoga Sutra of Patanjali
George Feurstein

The Yoga Body
Mark Singleton

Yoga Tradition: It's History, Literature, Philosophy and Practice
George Feurstein

The Bhagavad Gita
Christopher Chapel, Windthrop Sargent and Houston Smith