



**Ananda Wellness Institute of
Yogic Wisdom & Ayurveda, Inc**

2015 200-Hour Yoga Teacher Training

Required Reading List

- 1. The Key Muscles of Yoga, Scientific Keys, Vol I**
by Ray Long and Chris Macivor
- 2. The Yoga Sutras of Patanjali, A Study Guide for Book 1 Samadhi Pada***
By Baba Hari Dass
*There are many translations available. If you already have one, you can use it.
- 3. Yama & Niyama, Foundations for Spiritual Life**
by Megan Nolan, PhD
This book is available thru Ananda Wellness Institute of Yogic Wisdom & Ayurveda

