



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

2015 200-Hour Yoga Teacher Training Suggested Reading

There are many wonderful books and resources on Yoga. Here are a few suggestions to get you started:

- 1. 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.
- 2. Ananda Sutrum.** There is a condensed version that you can read online at:
http://en.wikipedia.org/wiki/Ananda_Sutram
- 3. The Bhavaghad Gita (Classics of Indian Spirituality)**
By Ecknath Easwaran.
- 4. Ashtanga Yoga Primer**
By Baba Hari Dass
- 5. Hatha Yoga Pradipika**
by Svamimarama and [Brian Dana Akers](#)
- 6. The Anatomy Coloring Book***
by Wynn Kapit/Lawrence M. Elson

*The first 10 registrants get a free Anatomy Coloring Book

