

YOGA – BOOKLIST

There are thousands of yoga books available – here are a few of my favourites:

The New Book of Yoga, Sivananda Yoga Vedanta Centre
- a good basic general book with beautiful colour illustrations

The Yoga Bible, Christina Brown
- a handy little book showing over 170 yoga postures

Asanas, Dharma Mittra
- 608 yoga poses demonstrated by Dharma Mittra – beautiful black & white photos with no instructions

The Heart of Yoga, T.K.V. Desikachar
- Desikachar was the son of Krishnamacharya, the father of modern yoga

Awakening the Spine, Vanda Scaravelli
- a look at yoga from the perspective of gravity and breath

Anatomy of Hatha Yoga, H. David Coulter
- an expensive book, but worth it if you have an interest in anatomy

Yoga Sutras of Patanjali
- there are many translations of this ancient classic by Pantanjali – choose any translation that appeals to you

The Language of Yoga, Nicolai Bachman
- this book includes 2 CDs for people who are interested in the correct pronunciation of Sanskrit

The Sivananda Book of Meditation, The Sivananda Yoga Vedanta Centre
- an interesting book on meditation including yogic theory about cleansing practices and ethics

Hatha Yoga, Theos Bernard
- written in 1950 by Theos Bernard, one of the first Westerners to become a disciple of a yoga teacher in India, travel to Tibet, and write about it – too complicated for most beginners - the explanatory footnotes are longer than the text

Hatha Yoga Pradipika, Yoga Publications Trust, Munger, Bihar, India
- a yoga classic for people interested in ancient writings about yoga – too complicated and confusing for most beginners