

## Required Texts

### **200 Hour Yoga Teacher Training:**

Includes all books listed below.

### **Immersion I:**

Anusara Yoga Teacher Training Manual\* by John Friend

Master Immersion Booklet\* by John Friend

### **Immersion II:**

Anusara Yoga Teacher Training Manual\* by John Friend

Master Immersion Booklet\* by John Friend

Light on Yoga Sutras by B.K.S. Iyengar

Light on Yoga by B.K.S. Iyengar

Bhagavad Gita – suggested translations:

Ekhnath Easwaren

Juan Mascaro

### **Immersion III:**

Anusara Yoga Teacher Training Manual\* by John Friend

Master Immersion Booklet\* by John Friend

Light on Yoga Sutras by B.K.S. Iyengar

Light on Yoga by B.K.S. Iyengar

### **Recommended:**

Shiva Sutras, *The Supreme Awakening* by Swami Lakshmanjoo, edited by John Hughes.

This will be especially relevant to Immersion II and the presentation by Carlos Pomedá

Hatha Yoga Illustrated by Martin Kirk and Brook Boon

Anatomy of Movement by Blandine Calais Germain

Note\* - Teacher Training Manual and Master Immersion Booklets may be purchased at Yoga Village. Books may also be purchased at:

[www.anusara.com](http://www.anusara.com)

[www.amazon.com](http://www.amazon.com) – discounted books

[www.half.com](http://www.half.com) – used books