



Required Texts List

(NOTE-List is same for both Y201 & Y202):

Anusara Yoga Teacher Training Manual*

Master Immersion Booklet*

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

Bhagavad Gita – suggested translations: Eknath Easwaren or Juan Mascaro

*NOTE – Both Anusara Teacher Training Manual & Master Immersion Booklet may be purchased at Yoga Village. Other required texts are available online.

Recommended Texts List:

The Shambhala Guide to Yoga by Georg Feuerstein

Tantra: The Path of Ecstasy by Georg Feuerstein

The Splendor of Recognition by Swami Shantananda

Anatomy of Movement by Blandine Calais Germain

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

Yoga: Discipline of Freedom: The Yoga Sutra Attributed to Patanjali by Barbara Stoller Miller

The Yoga Sutras of Patanjali translated by Swami Satchidananda

Meditate by Swami Muktananda

The Yoga Tradition by Georg Feuerstein

Light on Pranayama by B.K.S. Iyengar

Wheels of Life by Anodea Judith

Bhagavad-Gita: The Song of God translated by Swami Prabhavananda and Christopher Isherwood

Bhagavad Gita translated by Winthrop Sargeant