

# Pacific Yoga 500-Hour Teacher Training Program

## Reference Materials List

The following books are required:

*The Anatomy Coloring Book*, Wyn Kapit and Lawrence Elson  
*The Yoga Sutra Workbook\**, Vyaas Houston  
*The Essence of Yoga*, Bernard Bouanchaud (or your preferred translation of the Yoga Sutras of Patanjali)  
*The Principle Upanisads*, S. Radhakrishnan (Harper Collins)  
*Pranayama - beyond the fundamentals*, Richard Rosen  
*Yoga & Ayurveda*, David Frawley

Choose one or more of the following for an asana reference:

*Light on Yoga*, BKS Iyengar  
*Dancing the Flame of Life*, Dona Holleman  
*Awakening the Inner Body*, Donald Moyer

The following books are recommended but not required:

*Spinal Stabilization: The New Science of Back Pain*, 2nd Edition Rick Jemmett  
*Living Your Yoga, Finding the Spiritual in Everyday Life* Judith Lasater  
*Key Muscles of Hatha Yoga*, Ray Long & Chris MacIvor  
*30 Essential Yoga Poses*, Judith Lasater  
*The Language of Yoga*, Nicolai Bachman

\**The Yoga Sutra Workbook* must be purchased through American Sanskrit Institute at <http://www.americansanskrit.com/>

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