

## **RYS 200 Reading list**

# **Namaste and welcome to the Kailash Tribal School of Yoga and Holistic Healing**

Kailash Tribal School of Yoga recommends the following books as an essential and integral part of its Yoga Teacher Training program. The list is not extensive and there are many more sources on Yoga out there, however, the school and its director feel these books provide a valid and credible source of information to any practitioner and future teacher. It is strongly advised that applicants purchase these books as they will also form a valuable personal resource as well as support them in their studies.

### **Mandatory Books**

1. "Yoga Anatomy" by Leslie Kaminoff, illustrated by Sharon Ellis; Human Kinetics, 2007. ISBN- 13:987-0-7360-6278-7
2. "Anatomy of Movement" by Blandine Calais- Germain; Eastland Press, 1993. ISBN:0-939616- 17-3 (originally published as Anatomie pour le mouvement, editions desiris (France) 1985)
3. "The New Book of Yoga-The Sivananda Yoga Centre" by Lucy Lidell,Narayani and Giris Rabinovitch, Ebury Press , Random House, 2000. ISBN 0-09-187461-0
4. "Yoga The Iyengar Way-The new definitive illustrated guide" by Silva, Mira &Shyam Metha, Alfred A. Knopf Publisher, New York, 1996. ISBN 0-679-72287-4
5. "Power Yoga-The total strength and flexibility workout" by Beryl Bender Birch, A fireside Book published by Simon&Schuster New York, 1995. ISBN 0-02-058351-6
6. "Asana Pranayama Mudra Bandha" by Swami Satyananda Saraswati, Yoga Publication Trust, Munger, Bihar, India, 1996. ISBN81-86336-14-1
7. The Bhagavad Gita, Penguin Books, 1996. ISBN 0-14-019008-2
8. Light on Yoga Sutra of Patanjali by B.K.S Iyengar. Forward by Sir Yehudi Menuhin

### **Optional Books for further studies**

1. "The Heart of Yoga- Developing a personal practice" by T.K.V.Desikachar, Inner traditions India, 1995. ISBN 13:978-0-89281-681-1
2. "Yogic Management of common Diseases" by Dr Swami Karmananda; Yoga Publications Trust, Mungar, Bihar, India, (1983) 2006. ISBN 81- 85787-24-7