

RYS 500 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 the 500 level 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. Ross and Wilson Anatomy and Physiology in Health and Illness
By Janet S. Ross (Author), Kathleen J.W. Wilson (Author). Churchill Livingstone (publisher)
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 Path to Holistic Health
B.K.S. Iyengar(Author), Daphne Razazan (Author) , Dorling Kindersley(publisher)
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. "The Heart of Yoga- Developing a personal practice" by T.K.V.Desikachar, Inner traditions India, 1995. ISBN 13:978-0-89281-681-1
9. Light on Yoga Sutra of Patanjali by B.K.S Iyengar. Forward by Sir Yehudi Menuhin.
10. "Yogic Management of common Diseases" by Dr Swami Karmananda; Yoga Publications Trust, Munger, Bihar, India, (1983) 2006. ISBN 81- 85787-24-7
11. Siddha Strotamala by Swami Satyanand Saraswati, Yoga Publications Trust, Munger, Bihar, India