



Suggested Reading for 200-Hour Teacher Training

1. **The Yoga Handbook** by Stephanie Keach
2. **The Miracle of Mindfulness** by Thich Nhat Hanh
3. **Yoga: The Spirit and Practice of Moving into Stillness** by Erich Schiffman
4. **The Breathing Book** by Donna Farhi
5. **Back Care Basics** by Mary Pullig Schatz
6. **Yoga Anatomy** by Leslie Kaminoff
7. **The Bhagavad Gita**, Stephen Mitchell translation
8. **The Heart of Yoga** by Desikachar
9. **Light on Yoga** by BKS Iyengar
10. **The Yoga Sutras of Patanjali** by Swami Satchitananda