



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 Desikichar
9. [Light on Yoga](#) by BKS Iyengar
10. [The Yoga Sutras of Patanjali](#) by Swami Satchitananda