



ASHTANGA YOGA MONTREAL
HATHA YOGA TEACHER TRAINING
READING LIST

Required:

Yoga Scripture:

The Bhagavad Gita, Any Translation
Light on the Yoga Sutras of Patanjali, B.K.S. Iyengar

Philosophy and History of Yoga:

The Yoga Tradition, Georg Feuerstein (required chapters: Introduction, 2, 3, 7-10, 17, 18)

Buddhist Meditation:

A Path with Heart, Jack Kornfield

Hatha Yoga:

Light on Yoga, B.K.S. Iyengar
Yoga: The Iyengar Way, Silva, Mira and Shyam Mehta

Anatomy/Physiology:

Anatomy of Movement, Blandine Calais-Germain

Pranayama and Breathwork:

The Yoga of Breath, Richard Rosen

Recommended:

Asana and Practice:

Sensing, Feeling and Action, Bonnie Bainbridge-Cohen

(available in both English and French)

Yoga Mala, Sri. K. Pattabhi Jois

Yoga: Awakening the Inner Body, Donald Moyer

Ashtanga Yoga, John Scott (available in both English and French)

Ayurveda:

Prakriti, Dr. Svoboda

Yoga and Ayurveda, David Frawley

Any book by Dr. Vasant Lad

Scripture:

Jnanaeshvari's A Song Sermon on the Bhagavadgita Vol. 1 and 2, V.G. Pradhan (Tr.)

The Living Gita, Swami Satchitananda

The Mahabharata, William Buck (Tr.)

The Upanishads, any translation

Shiva Samhita, RBSC Basu

Gheranda Samhita, RBSC Basu

Kashmir Shavism: The Central Philosophy of Tantrism, Kamalar Mishra

Meditation:

Loving-kindness, Sharon Salzberg

The Miracle of Mindfulness, Thich Nhat Hanh

The Blooming Lotus, Thich Nhat Hanh

This Precious Life, Buddhist Teachings on the Path of Enlightenment, Khandro Rinpoche

Insight Meditation, Joseph Goldstein

What the Buddha Taught, Walpola Rahula

Other:

Cutting through Spiritual Materialism, Chogyam Trungpa Rinpoche

The Art of Living, Vipassana Meditation with S.N. Goenka, William Hart

Thoughts without a Thinker (Psychology from a Buddhist perspective), Mark Epstein, M.D.

The Tibetan Book of Living and Dying, Sogyal Rinpoche

The Serpent Power, Arthur Avalon (Sir John Woodroffe)

Yoga: Discipline of Freedom, Barbara Stoler Miller

Ka – Stories of the Mind and Gods of India, Roberto Calasso