

Required and Recommended Reading List

Jennyoga Advanced Yoga Studies 2009-2010

Required Textbook:

HeartMath – Childres, Doc

Goddess the Astrologer, Soul, Karma and Reincarnation – Armstrong, Jeffrey

Karma, the Ancient science of cause and effect – Jeffrey Armstrong

Warrior of the Light – Coelho, Paulo

Light on Yoga - Iyengar

Yoga Anatomy - Kaminoff, Leslie

The Shambhala Guide to Yoga – Feuerstein, Georg (or Georg and Brenda's teacher training manual)

Thirst for Wholeness - Grof, Christina

Quantum Healing - Chopra M.D., Deepak

Boundless Energy – Chopra M.D., Deepak

Molecules of Emotion - Pert, Candace B.

The Field - McTaggart, Lynne

The Self-Aware Universe - Goswami, Amit

A New Earth, Tolle, Eckhart

Invisible Acts of Power – Myss, Caroline

Recommended:

Anatomy and Asana: Preventing Yoga Injuries - Aldous, Susi Hately

Yoga Posture Adjustments and Assisting by Pappas, Stephanie

Anatomy of Hatha Yoga by Coulter, David H.

The Yoga of Sound by Russill, Paul

The Spiritual Science of Kriya Yoga by Kriyananda, Goswami

Yoga Sutras of Patanjali

Yoga Spandakarika by Odier, Daniel

Tantra: The Cult of the Feminine by Van Lysebeth, Andre'

Anatomy of the Spirit by Myss PH. D., Caroline

Physics of the Soul by Goswami PH.D., Amit

Required cd/dvd Rentals/Training Videos

What Dreams My Come

What the Bleep Do we Know?

Ancient India: A Journey Back in Time

Origins of Yoga: Quest for the Spiritual

The Tibetan Book of the Dead

Mudra: Gestures of Power

Peaceful Warrior

The Fountain

Life is Beautiful

Stairways to Heaven: The Practical Magic of Sacred Space

Fluid Power Flow with Shiva Rea

Yoga Shakti with Shiva Rea

Universal Energy Exercise "Qi Gong Healing & Miracle Making Series"

Ashtanga Yoga: The Practice Advanced A & B Series with David Swenson & Friends

The Power of Now with Eckhart Tolle on cd

Life After Death with Deepak Chopra on cd