



STRETCHBODYMIND

YOGA TEACHER TRAINING

READING LIST

Anatomy

1. [Yoga Anatomy: Your illustrated guide to postures, movements, and breathing techniques](#)
By Leslie Kaminoff

Asana

2. [Yoga: The Path to Holistic Health](#)
By BKS Iyengar
3. [Hatha Yoga Illustrated](#)
By Martin Kirk, Brooke Boon and Daniel DiTuro

Pranayama

4. [Asana, Pranayama, Mudra, Bandha](#)
By Bihar School of Yoga
5. [A Life Worth Breathing](#)
By Max Strom

Teaching

6. [The Heart of Yoga: Developing a Personal Practice](#)
By TKV Desikachar

*These books are **required reading**.*

Please click on the links to purchase them from Amazon. (Other bookshops are fine, and you could even get the books from your local library).

There will be other recommended reading materials introduced throughout the course.