



200 HOUR HTTI REQUIRED & RECOMMENDED READING LIST

Required Texts

1. The Spiritual Science of Kriya Yoga, by Goswami Kriyananda
2. Extension, by Sam Dworkis
3. Atlas of the Human Body, by Takeo Takahashi
4. Anatomy of Movement, by Blandine Calais-Germain
5. Yoga Mind, Body & Spirit: A Return to Wholeness, by Donna Farhi

Recommended (But Not Required)

Books on Hatha Yoga:

- Teaching Yoga, by Mark Stephens
- American Yoga, by Carrie Schneider
- Yoga: The Spirit and Practice of Moving Into Stillness, by Erich Schiffmann
- Yoga: Mastering the Basics, by Sandra Anderson, Rolf Sovik, Psy. D.
- Back Care Basics, by Mary Pullig Schatz, M.D.
- Yoga Gets Better with Age, by Lillas Folan

Books on Prenatal Yoga:

- Yoga for Pregnancy, by Sandra Jordan - *HIGHLY RECOMMENDED

Kriya Yoga:

- Autobiography of a Yogi, Paramahansa Yogananda
- Pathway to God Consciousness, Goswami Kriyananda

Books on Chakras:

- Chakras for Beginners, by Naomi Ozaniec - *HIGHLY RECOMMENDED
- Wheels of Light, by Anodea Judith

Meditation:

- Beginners Guide to Meditation, Goswami Kriyananda

Visualization:

- You Can Heal Your Life, by Louise Hay

Astrology:

- The Wisdom and Way Astrology, by Goswami Kriyananda

Restorative Yoga

- Relax & Renew: Restful Yoga for Stressful Times, by Judith Lasater, PhD, PT