



500 HOUR ADVANCED HTTI REQUIRED READING LIST

Title	Author	Quarter Book Is Needed
<i>American Yoga</i>	Carrie Schneider	Q 1
<i>Advanced Guide to Meditation</i>	Goswami Kriyananda	Q 4
<i>Anatomy of Movement* (rev. ed. 2007)</i>	Blandine Calais-Germain	Q 1
<i>Back Care Basics</i>	Mary Pulling Schatz	Q 3
<i>Beginners Guide to Meditation</i>	Goswami Kriyananda	Q 1
<i>Bhagavad Gita</i>	Goswami Kriyananda	Q 1
<i>Extension*</i>	Sam Dworkis	Q 1
<i>Intermediate Guide to Meditation</i>	Goswami Kriyananda	Q 2
<i>Philosophy and Methodology of Kriya Yoga</i>	Goswami Kriyananda	Q 1
<i>Rest, Relax and Renew</i>	Judith Lasater	Q 3
<i>Spiritual Science of Kriya Yoga*</i>	Goswami Kriyananda	Q 1
<i>Teaching Yoga</i>	Donna Farhi	Q 2
<i>Teaching Yoga</i>	Mark Stephens	Q 2
<i>The Complete Book of Ayurvedic Home Remedies</i>	Vasant Lad	Q 3
<i>The Upanishads: Breath of the Eternal</i>	Swami Prabhavanada	Q 3
<i>Yoga: Mind, Body and Spirit*</i>	Donna Farhi	Q 1
<i>Yoga Gets Better with Age</i>	Lilias Folan	Q 1
<i>Yoga Sutras of Patanjali</i>	Swami Satchidananda	Q 1

*These books are also required for the 200-Hour program.

Students will also receive a list of suggested and recommended books