

alleyCat Yoga 200 Hour Required Book List

Paperback and "excellent" used books are suggested

The Bhagavad Gita (Classics of Indian Spirituality) by Eknath Easwaran \$2-11

The Wisdom of Yoga by Stephen Cope \$10-15

Yoga: The Spirit and Practice of Moving into Stillness by Erich Schiffman \$6-12

The Path of the Yoga Sutras: A Practical Guide to the Core of Yoga by Nicolai Backman \$9-14

Trail Guide to the Body by Andrew Biel

Yogabody: Anatomy, Kinesiology, and Asana by Judith Hanson Lasater \$13-\$26

Yoga of the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga by Tias Little \$12-14

Essential Anatomy App 3D \$19.99 (Apple Store Price)