

Recommended Books

B.K.S Iyengar - Light on the yoga Sutras of Patanjali

David Swenson – Ashtanga Yoga, A Practice Manual

Petri Räisänen – Ashtanga Yoga The Primary Series Practice Manual

Petri Räisänen – Nadi Sodhana

Sharath Jois – Astanga Yoga Anusthana

Kino McGregor – The Power of Ashtanga Yoga

Kino MacGregor – The Power of Ashtanga Yoga II

Kino MacGregor – The Yogi Assignment

Gregor Maelhe – Ashtanga Yoga: Practice & Philosophy

Gregor Maehle – Ashtanga Yoga The intermediate series

David Garrigues – Vayu Siddhi: A Guide to Pranayama

Richard Freeman & Mary Taylor – The Art of Vinyasa

David Keil – Functional Anatomy of Yoga

Ray Long - Key Muscles of Yoga

Leslie Kaminoff & Amy Matthews – Yoga Anatomy

Sharmila Desai & Anna Wise – Yoga Sadhana For Mothers