



200 hour Accessible Yoga Teacher Training

Reading List

Please note:

- *The list below contains texts for which numerous versions / translations are available. We have noted which specific translations we will be teaching from during our 200 hour Accessible Yoga Teacher Training, however if you already have access to different versions that is absolutely fine.*
- *Where available, we have also included links to free digital downloads of some of the required texts. Please note that these are not in all cases the same versions that we will be teaching from, but again, it is absolutely fine for you to use these versions if they are most accessible.*

REQUIRED READING:

- **Yoga Sutras of Patanjali**
 - **Jivana will be teaching from [Swami Satchidananda's translation](#)** (we don't usually like to link to Amazon, however this translation unfortunately isn't available via Bookshop.org, so we are sharing Jivana's affiliate link for this book. Purchases via this link support Jivana and our Accessible Yoga School)
 - [Access free digital download of Brenda Feuerstein's translation](#)
 - [List of additional translation recommendations here](#)
- **The Bhagavad Gita**
 - **Anjali will be teaching from [Eknath Easwaran's translation](#)**
 - [Access free digital download of Swami Sivananda's translation](#)
 - [List of additional translation recommendations here](#)

- **The Upanishads**
 - Anjali will be teaching from Eknath Easwaran's translation - [available as a free digital download](#)
- **Hatha Yoga Pratipika**
 - [Access free digital download](#)
- **Accessible Yoga: Poses and Practices for Every Body** by Jivana Heyman
 - Purchase via [Bookshop.org](#) (which supports independent booksellers around the world)
 - [Purchase via Shambala](#) - use code **JHYOGA30 for 30% discount**
 - *Code valid on [shambhala.com](#) through December 31, 2023. Enter code in shopping cart. Cannot be combined with other offers.
 - This purchase option best serves people in the **US and Canada** due to costly International shipping.
- **Yoga Revolution: Building a Practice of Courage & Compassion** by Jivana Heyman
 - Purchase via [Bookshop.org](#) (which supports independent booksellers around the world)
 - [Purchase via Shambala](#) - use code **JHYOGA30 for 30% discount**
 - *Code valid on [shambhala.com](#) through December 31, 2023. Enter code in shopping cart. Cannot be combined with other offers.
 - This purchase option best serves people in the **US and Canada** due to costly International shipping.
- **Science of Yoga: Understand the Anatomy and Physiology to Perfect Your Practice** by Ann Swanson
 - Purchase via [Bookshop.org](#) (which supports independent booksellers around the world)
 - [Options for purchase \(including various language translations\) via annswansonwellness.com](#)

ADDITIONAL RECOMMENDED READING:

- [Yoga: Ancient Heritage Tomorrow's Vision](#) by Indu Arora
- [Mudra: The Sacred Secret](#) by Indu Arora
 - Indu's books above are also available to [purchase in a discounted bundle](#)
 - Use promo code **AYCBundle10** for a 10% discount off [Indu's book bundle](#)
- [SOMA - 100 Heritage Recipes for Self-Care](#) by Indu Arora
 - Use promo code **AYCSoma10** for a 10% discount

- [Breath](#) by James Nestor
- [Additional versions of the Gita, Sutras, Upanishads](#) (links to PDF list)
 - Additional philosophy books included on our [Bookshop.org reading list](#):
 - [Living Gita: The Complete Bhagavad Gita](#) by Sri Swami Satchidananda
 - [The Yoga Sutras of Patañjali: A New Edition, Translation, and Commentary](#) by Edwin F. Bryant
 - [Inside the Yoga Sutras: A Comprehensive Sourcebook for the Study & Practice of Patanjali's Yoga Sutras](#) by Jaganath Carrera
- **Additional anatomy books:**
 - [The Anatomy Coloring Book](#) by Wynn Kapit & Lawrence Elson
 - [The Human Body: An Illustrated Guide to Every Part of the Human Body and How It Works](#) by Martyn Page