

YOGA  YOGA
TEACHER TRAINING

Required Books:

1. **Yoga: The Spirit and Practice of Moving into Stillness** by Erich Schiffman

Published by: Gallery © 2006

2. **Yoga Mind, Body and Spirit: A Return to Wholeness** by Donna Farhi

Published by: Henry Holt and Company, LLC

3. **Teaching Yoga: Ethics and the Teacher-Student Relationship** by Donna Farhi

Published by: Rodmell Press © 2006

4. **Yoga Anatomy** by Leslie Kaminoff, Second Edition

Published by: Human Kinetics © 2007

5. **The Heart of Yoga** by T.K.V. Desikachar

Published by: Inner Traditions International © 1995, 1999

***All of these books are available at Yoga Yoga. As a student in our program, you receive 10% off all purchases in our retail store.**