

FROGPOND YOGA CENTRE 500HR-RYT

LIST OF TEXTS REQUIRED

The Upanishads. ISBN 0-915132-39-7
Translated by Eknath Easwaran.

The Book of One. ISBN 1-903816-41-6
The Spiritual path of Advaita by Dennis Waite.

American Veda. ISBN 978-0-385-52134-5
How Indian Spirituality Changed The West.
Philip Goldberg.

Any text on Yogasutra and Bhagavad Gita
with Sanskrit text and Roman transliteration.

Living Your Yoga. ISBN 0-9627138-8-0
Finding the Spiritual in Everyday Life.
Judith Lasater, Ph.D., P.T.

Teaching Yoga. ISBN 978-1-55643-885-1
Essential Foundations and Techniques by Mark Stephens

YogaBody. ISBN 978-1-930485-21-1
Anatomy, Kinesiology and Asana by Judith Lasater

The Yoga of Breath. ISBN 1-57062-889-0
A Step to Step guide to Pranayama by Richard Rosen