



RECOMMENDED BOOKS

YIN YOGA

ENERGETIC BODY

- Acupuncture Imaging: Perceiving the Energy Pathways of the Body by Mark Seem
- Awakening of the Chakras and Emancipation by Dr. Hiroshi Motoyama
- Chinese Acupuncture and Moxibustion, by the Shanghai University
- Energy Medicine: The Scientific Basis by James Oschman
- Energy Medicine in Therapeutics and Human Performance by James Oschman
- Everyday Zen by Charlotte Joko Beck
- Measurements of Ki Energy, Diagnosis & Treatments by Dr. Hiroshi Motoyama
- The Shambhala Encyclopedia of Yoga by Georg Feuersteing
- Theory of the Chakras by Dr. Hiroshi Motoyama
- The Web that Has No Weaver by Ted Kaptchuk's

- Science and the Evolution of Consciousness by Dr. Hiroshi Motoyama
- Chasing the Dragon's Tail by Dr. Yoshio Manaka
- Hara Diagnosis by Kiiko Matsumoto and Stephen Birch
- Acupuncture Energetics: A Clinical Approach for Physicians by Joseph M. Helms
- Atlas of Acupuncture by Claudia Focks
- Chakra Yoga by Judith Anodea
- Eastern Body, Western Mind: Psychology and the Chakra System As a Path to the Self by Anodea Judith

MINDFULNESS & PSYCHOLOGY

- Buddhism Without Beliefs by Stephen Batchelor
- Buddhist Bible by Dwight Goddard
- Buddhists Psychology: A review of theory and practice by Silva Padmal
- Cognitive Therapy and Emotional Disorders by Dr. Aaron Beck
- Peace is Every Step by Thich Nhat Hanh
- The Power of Now by Eckhard Tolle
- The Anxiety and Phobia Workbook by Edmund Bourne
- Dreams by Carl Jung
- The Essence of Jung's Psychology and Tibetan Buddhism by Radmila Moacanin
- Frogs into Princess by Bandler and Grinder

- Identifying and challenging unhelpful thinking by Chris Williams and Anne Garland
- The Structure and Dynamics of the Psyche by Carl Jung
- The Three Pillars of Zen by Philip Kapleau
- An Intimate Note to the Sincere Seeker by Sri Sri Ravishankar

TRAUMA



- The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk M.D.
- Overcoming Trauma through Yoga: Reclaiming Your Body by David Emerson

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ANCIENT SIDDHA TRADITION



- The Yoga of Siddha Boganathar by T.N Ganapathy
- Siddhas: Masters of Nature by Palpandian

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ANATOMY & PHYSIOLOGY

- Anatomy of Hatha Yoga by H. David Coulter
- The Science of Flexibility by Michael Alter
- Anatomy by Clemente
- Anatomy of Movement by Blandine Calais-Germain
- Job's Body: A Handbook for Bodywork by Deane Juhan
- Thieme Atlas of Anatomy: General Anatomy and the Musculoskeletal System by Michael Schuenke
- Trail Guide to the Body: How to Locate Muscles, Bones and More by Andrew Biel
- Yoga Anatomy by Leslie Kaminoff and Amy Matthews
- The Key Poses of Hatha Yoga by Ray Long
- Anatomy Trains by Thomas W. Myers
- Yoga Body by Judith Hanson Lasater
- Your Body Your Yoga by Bernie Clark

YOGA, YIN YOGA & MEDITATION

- Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati
- Autobiography of a Yogi by Paramahansa Yogananda
- Hatha Yoga Pradipika by Swami Swatmarama
- Light on Life by B.K.S Iyengar
- Light on Yoga by B.K.S Iyengar
- The Secret of the Golden Flower by Richard Wilhem
- The Heart of Yoga: Developing a Personal Practice by T.K.V. Desikachar
- Yin Yoga by Paul Grilley
- The Yin Yoga Kit: The Practice of Quiet Power by Biff Mithoefer
- The Therapeutic Yoga Kit: Sixteen Postures for Self-Healing through Quiet Yin Awareness by Cheri Clampett and Biff Mithoefer
- Yoga Mala by Pattabhi Jois
- The Yoga Matrix by Richard Freeman

- Patanjali Yoga Sutras by Sri Sri Ravishankar
- Autobiography of a Yogi by Paramahansa Yogananda
- Gherand Samhita by Swami Niranjanananda Saraswati

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AYURVEDA

- Frawley, David. Ayurvedic Healing. 2nd ed., Lotus Press: Twin Lakes, WI, 2000.
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- Lad, Vasant. Ayurveda: The Science of Self-Healing. Lotus Press: Santa Fe, 1984.
- Lad, Usha and Dr. Vasant. Ayurvedic Cooking for Self-Healing. 2nd ed. The Ayurvedic Press: Albuquerque, 1997.
- Lad, Vasant. Secrets of the Pulse. The Ayurvedic Press: Albuquerque, 1996.
- Lad, Vasant. The Textbook of Ayurveda, Volume One. The Ayurvedic Press: Albuquerque, 2002.
- Morningstar, Amadea, with Urmila Desai, The Ayurvedic Cookbook. Lotus Press: Santa Fe, 1990.
- Morrison, Judith H. The Book of Ayurveda: A Holistic Approach to Health and Longevity. New York: Simon & Schuster Inc., 1995, A Fireside Book.
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- Bhishagratna, Kaviraj Kunjalal, editor-translator. Sushruta Samhita. 4th ed., 2 vols., Chowkhamba Sanskrit Series Office: Varanasi, India, 1991.
- Sharma, Priyavrat V., editor-translator. Caraka Samhita. 4 vols. Chowkhamba Sanskrit Series Office: Varanasi, India, 1981-1994.
- Sharma, Ram Karan, and Vaidya Bhagwan Dash, editors- translators. Caraka Samhita. 3d ed., 3 vols. Chowkhamba Sanskrit Series Office: Varanasi, India, 1992.
- Srikantha Murthy, K.R., editor-translator. Ashtanga Hridayam by Vagbhata, 2 vols. Krishnadas Academy: Varanasi, India, 1991- 1992.
- Murthy, K. R. Srikantha, translator. Sharngadhara Samhita: A Treatise on Ayurveda. Chaukhambha Orientalia: Varanasi, India, 1984.
- Srikantha Murthy, K.R., translator. Madhava Nidanam by Madhava Acharyan, Chaukhambha Orientalia: Varanasi, India, 1993.
- Srikantha Murthy, K.R., translator. Bhavaprakasha by Bhavamishran, 2 vols. Krishnadas Academy: Varanasi, India, 1998.

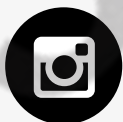
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