



Home Enlightenment Project 300 Hour Program Reading List

Please Pick 6 books from the following list and write a 1 page reflection on a part or parts of the book that spoke to you and/or were inspirational - Please do not pick more than 2 books per category. For this project choose 6 books in addition to those that are required.

The Classics

1. The Yoga Sutras of Patanjali - Translation and Commentary by Sri Swami Satchidananda
2. Light on Yoga by B.K.S. Iyengar
3. The Upanishads - Translated by Eknath Easwaran
4. The Heart of Yoga by T.K.V. Desikachar

Philosophy/ Poetry and Inspiration

1. The Tree of Yoga by B.K.S. Iyengar
2. The Art of Communicating by Thich Nhat Hanh

Poetry and Inspiration

1. Meditation from the Mat by Rolf Gates
2. Your True Home by Thich Nhat Hanh
3. A year with Hafiz - Translated by Daniel Ladinsky
4. The Soul of Rumi - Translated by Coleman Barks

Anatomy

1. Yoga Anatomy by Leslie Kaminoff - *Required
2. The Key Muscles of Yoga by Ray Long - *Required
3. The Key Poses of Yoga by Ray Long

Pranayama

1. The Yoga of Breath by Richard Rosen
2. The Little Book of Yoga Breathing by Scott Shaw

Ayurveda

1. Yoga and Ayurveda by David Frawley
2. Textbook of Ayurveda Vol. 1 by Vasant Lad

History

1. The Goddess Pose - The Audacious Life of Indra Devi by Michelle Goldberg

Other

1. Yoga the Spirit and Practice of Moving Into Stillness by Erich Schiffmann
2. Teaching Yoga - Essential Foundations and Techniques by Mark Stephens
3. Mudras - Yoga in your Hands by Gertrude Hirschi