

Book Recommendations

The following book recommendations are from my Library and cover a variety of Yoga Topics. I have divided them into Sections. Our wisdom and understanding grows as we read and practice....Enjoy!

- The Essence of the Bhagavad Gita explained by Paramhansa Yogananda as remembered by his disciple Swami Kriyananda (there are many versions of the Bhagavad Gita but this is one is my favorites)
- Philosophical Foundations of India by Theos Bernard
- Life and Teaching of the Masters of the East by Baird T. Spalding
- The Bible of the World by the Viking Press
- I Am That by Swami Muktananda
- The Meaning of Life by the Dalai Lama
- The Ultimate Reality by GIAN Kumar
- Hatha Yoga Pradipika (with notes from Krishnamacharya) by A.G. Mohan and Dr. Ganesh Mohan
- The Heart of Recognition; The Wisdom and Practices of the Pratyabhinja by Swami Khecaranatha
- Play of Consciousness; A Spiritual Autobiography by Swami Muktananda
- The Enlightened Heart; An Anthology of Sacred Poetry edited by Stephen Mitchell
- The Yoga Sutra of Patanjali by Georg Feuerstein
- The Language of Yoga; The Complete A to Y guide to Asana Names, Sanskrit Terms, and Chants by Nicolai Bachman
- The Four Desires; Creating a Life of Purpose Happiness Prosperity and Freedom by Rod Stryker

- Sufism by William C. Chittick
- Yoga; Yoga Asana and Pranayama for Health by Doctor P. D. Sharma
- Sayings of the Buddha by the Peter Halper Press
- The Religions of Man by Houston Smith
- The Seven Spiritual Laws of Success; A Practical Guide to the Fulfillment of your Dreams by Deepak Chopra
- Wherever You Go There You Are; Mindfulness Meditation in Everyday Life by John Kabat Zinn
- The Heart of Buddha's Teaching; Transforming Suffering into Peace Joy and Liberation by Thich Naht Hahn
- A Search in Secret India; The Classic Work on Seeking a Guru by Paul Brunton
- Yoga; The Art of Transformation edited by Deborah Diamond
- The Path of Individual Liberation by Choygam Trungpa
- The Deeper Dimension of Yoga; Theory and practice by Georg Feuerstein
- The Integral Yoga by Sri Aurobindo
- Autobiography of a Yogi by Paramhansa Yogananda
- The Upanishads-Introduced and Translated by Eknath Easwaran
- The Story of Yoga; From Ancient India to the Modern West by Alistair Shearer
- The Yoga Sutras of Patanjali Translation and Commentary by Sri Swami Satchitanada
- Meditation for Life by Martin E. Batchelor
- The Yoga of the Bhagavad Gita; An Introduction to India's Universal Science of God Realization by Paramhansa Yogananda

- Light On Yoga by B.K.S. Iyengar
- The Spontaneous Fulfillment of Desire by Deepak Chopra
- The Three Pillars of Zen by Roshi Philip Kapleau
- The Great Eastern Sun; the Wisdom of Shambhala by Chogyam Trungpa
- The Holy Longing; the Search for Christian Spirituality by Ronald Rolheiser
- The Essene Book of Days 2000 by Danaan Parry
- An Open Heart; Practicing Compassion in Everyday Life by the Dalai Lama
- Discover Inner Peace; A Guide to Spiritual Well-Being by Mike George
- Seeking the Heart of Wisdom; The Path of Insight Meditation by Joseph Goldstein and Jack Kornfield
- Our Appointment with Life; Discourse on Living Happily in the Present Moment by Thich Nhat Hanh
- The Tibetan Book of Living and Dying by Sogyal Rinpoche
- Meditation Revolution; A History and Theology of the Siddha Yoga Linnage by Douglas Brooks, Swami Durgananda, Paul E Muller-Ortega, William Mahony, Constantina Rhodes Bailly, S.P. Sabharathnam
- The Hero's Walk by Anita Rau Badami
- Buddha by Deepak Chopra
- Essential Teachings by the Dalai Lama
- The Tao of Inner Peace by Diane Dreher
- Mystery of the Mind by Swami Muktananda
- The Book of Shiva by Namita Gokhale
- Transformation at the Base by Thich Naht Hahn

- Inner Workings by J.M. Coetzee
- The Art of Mental Prayer by Bede Frost
- The Wisdom of Yoga by Stephen Cope

Yoga practice

- Yoga Body, Buddha Mind by Cindy Lee
- Yoga for Your Spiritual muscles by Rachel Schaefer
- Yoga Builds Bones; Easy, Gentle Stretches that Prevent Osteoporosis by Jan Maddern
- Dynamic Alignment Through Imagery by Eric Franklin
- To Life! Yoga! by Priscilla Patrick
- Yoga for Wellness by Gary Kraftsow
- Yoga the Iyengar Way by Silva Mira and Shyam Mehta
- Cool Yoga Tricks by Miriam Austin
- Yoga The Spirit and Practice of Moving Into Stillness by Eric Schiffman

Anatomy

- Relax Your Shoulders, Liberate Your Neck by Eric Franklin
- Yoga. Anatomy by Leslie Kaminoff and Amy Matthews
- Women's Strength Training Anatomy by Frederic Delavier
- Science of Yoga; Understand the Anatomy and Physiology to Perfect your Practice by Ann Swanson
- Anatomy of Hatha Yoga; a Manual for Students, Teachers, and Practitioners by H. David Coulter
- Yoga for Body, Breath, and Mind; A Guide to Personal Reintegration by A. G. Mohan

- Yoga; The Trainers Inside Guide to your Workout by Goldie Carpal Oren

Contemplative

- Go In and In by Danna Faulds
- The Dance by Oriah Mountain Dreamer
- Choosing Happiness; The Art of Living Unconditionally by Veronica Ray
- Knowing Yourself Inside and Out: For Self Direction by Jerry Cross and Pauline Bondonno Cross
- The Four Agreements by Don Miguel Ruiz
- Homeopathic Medicine at Home by Maesimund B. Panos, MD and Jane Heimlich
- Coffee with The Buddha by Joan Duncan Oliver
- Ordinary People as monks and Mystics; Lifestyles for Self-Discovery
- The Tao of Inner Peace by Diane Dreher
- The Power of Now by Eckhart Tolle
- Living your Yoga; Finding the Spiritual in Everyday Life by Judith Lasater, Ph.D
- Remembrance by Gurumayi Chidvilasananda
- The Road Less Taken by Robert Frost
- A Call to Greatness by Isana Mada
- After the Ecstasy, the Laundry by Jack Kornfield

