



JOY OF YOGA

200 Hour Teacher Training Reading

Required

- The Untethered Soul, Michael Singer
- Functional Anatomy of Yoga, David Keil
- Provided After Enrollment
 - Garland of Yoga, Jennifer Prugh
 - “Roots of Yoga – Historical Overview” from Roots of Yoga by Mark Singleton & Jim Mallinson
 - “Vedas and Upanishads” from A Sourcebook in Indian Philosophy by Sarvepalli Radhakrishnan
 - “Setting In Motion The Wheel of the Dhamma” from Samyutta Nikaya translated by Bhikkhu Bodhi
 - “Shorter Discourse to Mālunkyāputta (Poisoned Arrow)” from Majjhima Nikaya translated by Bhikkhu Nanamoli and Bhikkhu Bodhi
 - “Karma and Coming Home 24/7/365” from The Road Home by Ethan Nictern
 - “History of Yoga” and “Subject Matter of the Yoga Sutras” from Yoga Sutras of Patanjali by Edwin Bryant

Recommended

- The Joy of Living, Yongey Mingur Rinpoche
- Ashtanga Yoga, David Swenson
- Light on Yoga, BKS Iyengar
- A Path With Heart, Jack Kornfield
- Yoga Sutras of Patanjali, Gary Kissiah
- Functional Anatomy of Yoga, David Keil
- [BTY's free online video library](#)
- Provided After Enrollment
 - “Life of Shabkar – Mountain Meadow” from Life of Shabkar translated by Matthieu Ricard
 - “Harrapan World” from India: A History by James Keav

Suggested Resources

- [Yoga 108](#)
- [Duolingo – Hindi](#)