

Bloom Yoga Fitness Studios 2020-2021 Yoga Teacher Training

REQUIRED READING LIST:

- Extra Love; The Art of Hands On Assists Volumes I & 2 *by Jill Abelson*
- The Key Muscles of Yoga: Scientific Keys Volume I *by Ray Long*
- The Key Poses of Yoga: Scientific Keys Volume II *by Ray Long*
- Tantra of the Yoga Sutras: Essential Wisdom for Living with Awareness and Grace *by Alan Finger*
- How to Meditate: A Practical Guide to Making Friends with Your Mind *by Pema Chodron*
- Ayurveda - The Science of Self-Healing: A Practical Guide *by Dr. Vasant Lad*

In addition to the books listed above, each Trainee is required to read a book of their choice from the list provided below. A paper will be written on your chosen book, to be turned in by our 8th Training Weekend. Choose one book from the following list:

- *Autobiography of a Yogi by Paramahansa Yogananda*
- *The Art of Happiness by The Dalai Lama*
- *A Path with Heart by Jack Kornfield*
- *Radical Acceptance by Tara Brach*

*** Please note that the Required Books are not included in the cost of the Training, and must be purchased separately.**