

**Diploma of Yoga Teacher Training Student text books order form**

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|  | ***Cost*** | ***Quantity*** |
| **Asana Pranayama Mudra Bandha** - *Swami Satyananda Saraswati* | $ 50.00 |  |
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| ***Yoga Anatomy*** *- Your illustrated guide to postures, movements*  *and breathing techniques - Leslie Kaminoff* | $ 45.00 |  |
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**Recommended Reading**

* The Essence of the Bhagavad Gita - *Explained by Paramahansa Yogananda*
* Chakras - ***Energy centres of transformation*** *- Harish Johari*
* Anatomy for Yoga (DVD) - *Paul Grilley*
* Yin Yoga (Book & DVD) - *Paul Grilley*
* Reading & discussion material — The Spiritual Teaching of Yoga by Mark Forstater & Jo Manuel (includes The Bhagavhad Gita)