

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

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

**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)