

Many of you have asked for recommended readings. Here is a list of a few books we enjoy and think are worthy reads. These books will help you gain a deeper understanding of the history of Yoga as well as your own practice. Happy Reading!

- First and foremost, find a book that appeals to you on The Yoga Sutras of Patanjali
- The Power of Now by Eckhart Tolle
- The Four Agreements by Don Miguel Ruiz
- Meditations from the Mat: Daily Reflections on the Path of Yoga by Katrina Kenison and Rolf Gates
- The Alchemist by Paulo Coelho
- The Secret by Rhonda Byrne
- The Celestine Prophecy by James Redfield
- Total Yoga by Tara Fraser
- How Yoga Works by Geshe Michael Roach and Christie McNally
- Yoga as Medicine by Timothy McCall
- The Spirit and Practice of Moving into Stillness by Erich Schiffman
- Zen Mind, Beginners Mind by Shunryu Suzuki
- It's a Meaningful Life It Takes Practice by Bo Lozoff
- The Yamas and Niyamas by Deborah Adele
- Don't Sweat the Small Stuff by Richard Carlson
- How Yoga Works by Geshe Michael Roach and Christie McNally