



SIMPLY YOGA

Beginner Series Reading List to support The 8 Limbs of Yoga.

Yamas: The Five Moral Restraints

Nonviolence, Truthfulness, Nonstealing, Moderation, Nonhoarding

Niyamas: The Five Observances

Purity, Contentment, Zeal, self-study, devotion to a higher power

Asana: The Postures

Pranayama: Mindful Breathing

Pratyahara: Turning Inward

Dharana: Concentration

Dyana: Meditation

Samadhi: Union of the self with and object of Meditation

The Broad Reading List

Yoga Sutra's and Ancient Text Commentaries

The Essence of the Bhagavad Gita by Paramahansa Yogananda

Change your thoughts, Change your life. by Dr. Wayne Dyer

(this comments on the Tao Te Ching by Lao Tzu.)

Yoga Body Postures

Dynamic Yoga by Godfrey Devereux

Yoga Mind

Loving What Is..by Byron Katie

Yoga Healing

Fierce Medicine by Ana Forrest

Yoga Soul

The Untethered Soul by Michael Singer

Soul Craft by Bill Plotkin

Yoga Living

Meditations from the Mat by Rolf Gates and Katrina Kenison