

## Simply Yoga's

### RECOMMENDED READING LIST:

<u>TITLE</u>	<u>AUTHOR</u>
<a href="#">American Yoga Association's Easy Does It Yoga</a>	Alice Christiansen
<a href="#">Anusara yoga: Hatha Yoga in the Anusara Style</a>	Doug Keller
<a href="#">Asanas: 608 Yoga Poses</a>	Dharma Mittra
<a href="#">Bhagavad Gita</a>	
<a href="#">Fierce Medicine: Breakthrough Yoga to Heal the Body and Ignite the Spirit</a>	Ana T Forrest
<a href="#">Going to Pieces Without Falling Apart: A Buddhist Perspective on Wholeness; Lessons from Meditation and Psychotherapy</a>	Mark Epstein M.D.
<a href="#">Kundalini Yoga</a>	Shakta Kaur Khalsa
<a href="#">Kundalini Yoga Experience, The</a>	Guru Dharam S. Khalsa
<a href="#">River Flow New and Selected Poems</a>	David Whyte
<a href="#">The Seven Spiritual Laws of Yoga: A Practical Guide to Healing Body, Mind, and Spirit</a>	Deepak Chopra
<a href="#">Soulcraft (Crossing into Mysteries of Nature and Psyche)</a>	Bill Plotkin
<a href="#">Stillness Speaks: Thoughts That Don't Say "Look at Me, but Look Beyond Me."</a>	Eckhart Tolle
<a href="#">Wisdom of Yoga, The</a>	Stephen Cope
<a href="#">Yoga: A Gem for Women</a>	Geeta S. Iyengar
<a href="#">Yoga and the Quest for the True Self</a>	Stephen Cope
<a href="#">Yoga as a Form of Meditation</a>	Deepak Chopra
<a href="#">Yoga of Love and Devotion</a>	Deepak Chopra
<a href="#">Yoga: The Path To Holistic Health</a>	B.K.S. Iyengar