

Required and Recommended Reading List

Jennyoga's Archetypes, Empowerment and Advanced Yoga Studies Training 2010-2011

Required Textbook:

Broken Open – Lesser, Elizabeth
Goddess the Astrologer, Soul, Karma and Reincarnation – Jeffrey Armstrong
Karma, the Ancient science of cause and effect – Jeffrey Armstrong
Warrior of the Light – Coelho, Paulo
Light on Yoga - Iyengar
Yoga Anatomy - Kaminoff, Leslie
The Shambhala Guide to Yoga – Feuerstein, Georg (or Georg and Brenda's teacher training manual)
Thirst for Wholeness - Grof, Christina
Quantum Healing - Chopra M.D., Deepak
Molecules of Emotion - Pert, Candace B.
The Field - McTaggart, Lynne
A New Earth, Tolle, Eckhart
Invisible Acts of Power – Myss, Caroline
The Tibetan Book of Living and Dying – Sogyal Rinpoche

Recommended:

Anatomy and Asana: Preventing Yoga Injuries - Aldous, Susi Hatley
Yoga Posture Adjustments and Assisting by Pappas, Stephanie
Anatomy of Hatha Yoga by Coulter, David H.
The Yoga of Sound by Russill, Paul
The Spiritual Science of Kriya Yoga by Kriyananda, Goswami
Yoga Sutras of Patanjali
Yoga Spandakarika by Odier, Daniel
Tantra: The Cult of the Feminine by Van Lysebeth, Andre'
Anatomy of the Spirit by Myss PH. D., Caroline
Physics of the Soul by Goswami PH.D., Amit

Required cd/dvd Rentals/Training Videos

What Dreams My Come
What the Bleep Do we Know?
Ancient India: A Journey Back in Time
Origins of Yoga: Quest for the Spiritual
Mudra: Gestures of Power
Peaceful Warrior
The Fountain
Life is Beautiful
Fluid Power Flow with Shiva Rea
Yoga Shakti with Shiva Rea
Universal Energy Exercise "Qi Gong Healing & Miracle Making Series"
Ashtanga Yoga: The Practice Advanced A & B Series with David Swenson & Friends
The Power of Now with Eckhart Tolle on cd
Life After Death with Deepak Chopra on cd