

ISHTA YOGA

200 Hour Teacher Training Program

200-Hour Required Reading List *(correct as of July 2016)*

<i>Introduction to Yoga</i>	Finger, Alan
<i>A Path with Heart</i>	Kornfield, Jack
<i>MetaAnatomy: Anatomy of a Yogi</i>	Leal, Kristin
<i>Breathing Space</i>	Repka, Katrina and Alan Finger
<i>The Yoga Sutras of Patanjali</i>	Translation by Sri Swami Satchidananda
<i>ISHTA Yoga 200-Hour Teacher Training Manual</i>	Provided on your first day of training