

# ISHTA YOGA

## 300-Hour Teacher Training Program

---

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

<b><i>Tantra: The Path of Ecstasy</i></b>	Feuerstein, Dr. George
<b><i>Yoga Anatomy</i></b>	Kaminoff, Leslie
<b><i>A Path with Heart</i></b>	Kornfield, Jack
<b><i>Chakra Yoga</i></b>	Repka, Katrina and Alan Finger
<b><i>The Bhagavad Gita</i></b>	Translation by Juan Mascaro
<b><i>The Yoga Sutras of Patanjali</i></b>	Translation by Sri Swami Satchidananda
<b><i>ISHTA Yoga 300-Hour Teacher Training Manual</i></b>	Provided on your first day of training