



# Arhanta Yoga

## ASHRAMS

ARHANTA YOGA® HATHA YOGA TEACHER TRAINING MANUAL



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## SUGGESTED READING LIST

HATHA YOGA FOR TEACHERS AND PRACTITIONERS, A COMPREHENSIVE GUIDE TO HOLISTIC SEQUENCING, by Ram Jain and Kalyani Hauswirth-Jain

This useful guide is written by teachers of Arhanta Yoga, it will be used and referred to during the classes. It will be handy for you to have a paperback version to mark and make notes. Therefore we advise you to purchase the paperback version prior to coming, or at the ashram. The book is available in online bookstores as well as in our ashram.

If you wish to buy the book prior to the course, please find more information here:

<https://www.arhantayoga.org/hatha-yoga-teachers-practitioners-comprehensive-guide-holistic-sequencing/>

For people living in the Netherlands or Belgium, please find more information here:

<https://www.arhantayoga.nl/hatha-yoga-boek/>

### **Post Course Reading**

This is a suggested and not mandatory reading list with books to read before or after the course. Students are not required to bring any of these books with them to the course.

### **Hatha Yoga**

HATHA YOGA PRADIPIKA (Pancham Sinh)

### **Anatomy and Physiology**

THE KEY MUSCLES OF YOGA by Ray Long

YOGA ANATOMY by Leslie Kaminoff ANATOMY OF HATHA YOGA by H.David Coulter

### **Yoga Therapy**

CURING OF DISEASES THROUGH YOG, by Bhartiya Yog Sansthan

### **Pregnancy Yoga**

Yoga for pregnancy: birth and beyond, by Francoise Barbia Freedman

### **Yoga Philosophy**

The YOGA SUTRAS OF PATANJALI by Swami Satchidananda

GOD TALKS WITH ARJUNA: THE BHAGAVAD GITA by Paramahansa Yogananda

### **Yoga & Meditation Inspiration**

THE SERPENT POWER by Sir John Woodroffe/Arthur Avaon

RAMAKRISHNA: A BIOGRAPHY by Christopher Isherwood

### **Ayurveda**

A LIFE OF BALANCE by Maya Tiwari

TEXTBOOK OF AYUVEDA VOL 1 by Vasant Lad

AYURVEDIC HEALING: A COMPREHENSIVE GUIDE by David Frawley

### **Personal Development**



MAGIC OF THINKING BIG by David J. Schwartz

HOW TO WIN FRIENDS & INFLUENCE PEOPLE by Dale Carnegie

SEVEN HABITS OF HIGHLY EFFECTIVE PEOPLE by Stephen Covey