

Table 1

**Pralaya Yoga Teacher Training Reading List**

\*\*\*In addition to the books listed for each module, there will be materials written by Robert Boustany that are also required. These will be accessed online.

<b>MODULE</b>	<b>REQUIRED (200RYT &amp; 300RYT)</b>	<b>RECOMMENDED 200RYT; REQUIRED 300RYT</b>
History/Philosophy	The Upanishads	Life Force & Lifestyle Manual by Swami Vidyadhishananda
	Bhagavad Gita	
	Yoga Sutras of Patanjali	
Emotional Health	The Emotional Hostage by Leslie Cameron-Bandler and Michael Lebeau	The Path of Fire & Light by Swami Rama
Anatomy & Physiology	App: 3D4Medical Essential Anatomy 5	Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists by Thomas Myers
	Touch for Health: Applied Kinesiology by John Thie and Matthew Thie	
	Re-connect Your Dots Through Anatomy Trains by Suzi Alderette	
Body Mechanics/Asana	Light on Yoga by B.K.S. Iyengar	
Energetics	Asana, Pranayama, Mudra, Bandha by Swami Satyananda	The Path of Fire & Light by Swami Rama
	Life Force & Lifestyle Manual by Swami Vidyadhishananda	an outline of Chinese acupuncture
	Pranic Healing by Choa Kok Sui	
	Touch for Health: Applied Kinesiology by John Thie and Matthew Thie	
Teaching Methodology	The Creative Habit by Twyla Tharp	Nonviolent Communication by Marshall B. Rosenberg
		Tribes by Seth Godin
Business	Yogi Entrepreneur by Darren Main	
Nutrition/Ayurveda	Aryurveda: The Secret of Self-Healing by Vasant Lad	
	Yes, No, Maybe: Chronotbiotic Nutrition by Atom Bergstrom	
	Life Force & Lifestyle Manual by Swami Vidyadhishananda	