**Jilandra School of Yoga – Teacher Training 200 hours**

**Recommended books:**

You will be required to have the following books & materials at the beginning of your course.

* Yoga Sutras of Patanjali by Sri Swami Satchidananda
* Hatha Yoga Pradipika By Swami Muktiboghananda
* Asana Pranayama Mudra Bandha By Swami Satananda Saraswati
* The Bhagavad Gita by Eknath Easwaran
* The Upanashads by Eknath Easwaran
* Ashtanga Yoga The practice Manual by Davis Swenson
* The introductory guide to Anatomy & Physiology by louise Tucker
* Yoga Anatomy By leslie Kaminoff
* Asana Pranayama, Mudra Bandha by Swami Satyananda Saraswati

If you are unsure of which version or publication to get please ask me for photos

These books can be purchased through Amazon and can be bought second hand to save costs. I do have all of these books for you to look at while on the course.

Other books are optional and will be discussed and available for you to read.

(A great wish list for birthdays and Christmas)

Large A4 note pad, highlighters pen and pencil. A4 ring binder and dividers and a smaller A4 ring binder for your home work.