

Yoga Book List

There are many fine and valuable books on yoga. If you are interested in supplementing your yoga practice, enjoy browsing the bookshelves of your local bookstore. Below are a few of my favorites:

YOGA POSES AND GENERAL INFORMATION:

Total Yoga by Tara Fraser, Thorsons Directions for Life. \$19.95

This is very well-done, a great example of one of the many nicely illustrated and highly informative basic yoga guides.

Yoga by B.K.S. Iyengar, Dorling Kindersley. \$40.00

B.K.S. Iyengar is probably the main luminary of Hatha Yoga. This is basically the encyclopedia of Iyengar Yoga, which has been the main source of most of the schools of Hatha Yoga. Beautiful photographs, text and instructions from the master himself:)

Yoga Anatomy by Leslie Kaminoff, Human Kinetics. \$19.95

This shows the specific muscular actions of the poses for you anatomically minded folks. Great x-rayed illustrations.

RESTORATIVE YOGA:

Relax and Renew by Judith Lasater, Ph.D., P.T., Rodmell Press \$21.95

Judith Lasater is the authority on restorative yoga - and in this book she guides you, using many pillows and props, into incredibly relaxing poses that provide your body support as you sink into the world of de-stressing through complete relaxation.

YOGA CLASSICS:

The Yoga Sutras of Panatanjali, translated and commentary by Sri Swami Satchidananda, Integral Yoga Publications \$16.95

The Yoga Sutras, written sometime between 100BCE and 500CE, is considered the bible of all yoga. Divided into four books (or *padas*) - Contemplation, Practice, Accomplishments, and Absoluteness - it is chock full of terse insight and information on all aspects of the science of yoga, from the nature of existence, mind and Self to the eight limbs of yoga, to the stages of liberation, to karma, reincarnation, and yogic powers, to the pitfalls of human existence and how to deal with them, to achieving the supreme state of Independence when "the power of consciousness settles in its own pure nature." Satchidananda's friendly and casual style renders this esoteric and concise scripture comfortably user-friendly, relevant and almost contemporary.

The Living Gita, The Complete Bhagavad Gita, A commentary for modern readers by Sri Swami Satchidananda, Integral Yoga Publications \$16.95

The *Bhagavad Gita* means "The Song of God", and the entire book is one long dialog between the warrior-king Arjuna and his charioteer, the Lord Krishna, on

the battlefield moments before an epic war. Arjuna is despondent - he does not want to engage in battle. From the first page to the last, Krishna explains why it is imperative that Arjuna fight his fight, even in the face of his resistance.

It reads as a great love story between Krishna (divine consciousness) and Arjuna (run-of-the-mill, garden-variety everyday consciousness). Satchidinanda's warm and conversational commentary makes it fun to read. For example, when discussing the text on renunciation, he says, "*In and of themselves, things aren't painful. Only when our approach is wrong do they tell us, "Hi, don't look at me for your happiness. Just have fun for the fun of it, like a game. But don't ever expect to be happy by using your own ego or intelligence!"*" Ha! Almost simple.

We are each the warrior Arjuna and Krishna symbolizes our own divine nature (subdued as it may be). The metaphor unfolds as an epic call to action in our own lives. It's an amazing read :)