



THE DEVON SCHOOL OF YOGA

YOGA TEACHER TRAINING COURSE SYLLABUS

September 2022 – June 2024

**Devon School of Yoga established 1989
33 Years of Inspiration**

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Introduction

The Devon School of Yoga, founded by Duncan Hulin was established in 1989 brings together classes, workshops, retreats, festivals and training courses under one umbrella, covering all aspects of yoga. Set in locations around Devon, making yoga accessible, the ideal surroundings are provided for yoga practice, study and contemplation. **The school teaches a holistic approach to yoga.** As well as coming from an eclectic base, its core practises are based on the lineage of the Dr. Pillai system of kriyas, pranayama and meditation, and its inspirational yoga energy source comes via, Dr. Pillai's teacher, Swami Sivananda Paramahansa (of Kerala, South India).

The Devon School of Yoga is a member of The Independent Yoga Network.

Aims of the school

1. To provide the foundations on which individuals can improve and maintain their physical, mental and spiritual well-being.
2. To train individuals to become inspired, competent yoga teachers and to use specific yoga methods as a complementary therapy to help others.
3. To increase personal and public awareness of natural ways of living, eating and healing, enabling individuals to assume more responsibility for their own health.

Philosophy of the School

“Yoga – a way of life” sums up the school's philosophy. The foundations of the school's broad-based approach are grounded in the practise of hatha and raja-yoga.

Key points summarising the school's philosophy are:

- The ultimate guru is the universal guru within oneself.
- Responsibility for developing health and happiness lies with each individual.
- Many yoga paths are studied so an intuitive educated choice can be made as to which main path to follow, backed up by the other paths.
- By purifying our bodies and minds through posture and breath, consciousness can expand to widen our perspective of life. Desire will come naturally to purify our immediate and global environment and to live in harmony with nature and our fellow beings.

Standards

Standards are derived and underpinned from three fundamental yoga principals:

- **Ahimsa** (non-injury)
- **Satya** (truthfulness)
- **Svadyaya** (ongoing self-study).

1. In order to serve the needs of students, teachers will be prepared by having a sound practical and theoretical grounding in yoga and in teaching methods.
2. Personal practice is approached with a calm manner, the use of the mind when practicing asana being as important as the accomplishment of the asana.
3. The practical and theoretical work is intended to form the basis of teacher training courses. Individuals are encouraged to extend areas of study in the light of their particular knowledge, as there are many valid approaches to the subject.
4. A knowledge of the main aspects of basic yoga texts and knowledge of anatomy, physiology and pathology underpin understanding of yoga practices.
5. Professional skill is mainly measured by an ability to help students practice safely within their personal limits. The teacher's understanding of the effects of yoga techniques will be reflected in his/her ability to explain and demonstrate them.
6. The ratio of students to teacher will not exceed 14.

Prerequisites

Students who apply for this yoga teacher training course must meet the following prerequisites:

- To have been practising yoga for a minimum of 2+ years and/or
- To have completed a yoga foundation course

Syllabus

Course Hours - This is a 500-hour registered course

Tutor led:	100 hours theory, 184 hours practice (284 hours tutor led)
External tutor led:	Minimum 132 hours (1 x 1.5 hour weekly class attendance and/or attendance at yoga retreats, festivals, workshops)
Student home work:	400 hours theory, 700 hours practice

Aims

1. To enable students to develop the knowledge, skills and attitudes necessary to become competent, effective, professional yoga teachers in addition to building on personal practice and self-development in preparation for teaching.
2. To provide a basis for the continued study of the philosophy, principles and practices of yoga and of the teacher's own development.

Learning outcomes

Skills: By the end of the course the student will be able to:

1. Teach preparatory exercises prior to traditional asana practice, including loosening and limbering up techniques to prepare and warm up the body.
2. Progress with integrity into and out of a wide range of exercises and asana, ranging from simple to complex.
3. State the difference between prohibition and precaution showing a knowledge and understanding of anatomy and physiology relating to yoga practice.
4. Modify and understand the reasons for modifying asana / exercise and be able to teach these modifications for more effective teaching.
5. Recognise efficient breathing habits and be able to teach the progression from basic breathing to pranayama using a variety of yoga techniques including kriyas, mudras and bandhas.
6. Design and utilise a scheme of work, course plan and lesson plans.
7. Assess student's progress and achievements, giving appropriate feedback.
8. Evaluate and assess their teaching skills and course plans.
9. Recognise the challenges associated with beginners, mixed ability and more experienced students.
10. Create a safe working environment for the teaching of yoga.

Knowledge: By the end of the course students will have a basic knowledge of:

1. The principles of teaching and learning, including aims, learning outcomes, teaching methods and organisation and assessment and evaluation techniques.
2. The English and Sanskrit names of yoga asanas and pranayama techniques.
3. Fundamental human anatomy, physiology and pathology.
4. How to apply their knowledge of anatomy and physiology when teaching.
5. The physiological and psychological effects of relaxation, concentration and meditation.
6. The techniques and theory of kriyas, mudras and bandhas in the context of traditional teaching and how these relate to the concepts of prana and pranayama.
7. The main paths of yoga, raja and hatha and have the ability to outline the paths of jnana, karma and bhakti yoga plus associated paths.
8. The origin and historical context of yoga, using the set books.

Attitudes: By the end of the course students will:

1. Aim to uphold the values and ethical lifestyle of traditional yoga teachings in daily life.
2. Accept responsibilities compatible with the teachings of yoga and the ethics of a professional teacher.
3. Continue personal practice of hatha and raja yoga as well as any other chosen yoga paths such as bhakti, jnana, karma, etc.
4. Commit to being openminded (particularly to exploring new practices and ideas), maintain good timekeeping, be respectful to tutors and fellow students and practice good listening skills.

This course is congruent with **The Yoga Register** guidelines. The course achieves the 500-hour Yoga Register teacher training status.

Practical Content

Number of hours:

Tutor led: 184

External tutor led: 132 (1 x 1.5 hour weekly class attendance and/or attendance at yoga retreats, festivals, workshops)

Own practice: 700

Preliminary exercises

Standing

Shaking out / Rag doll
Rotations (several stages)
Swinging and twisting
The skier (two stages)
Stand erect with posture awareness (two stages)
Upward stretch
Backward and forward stretch
Palms to ground (two stages)
Forward bend, raise arm and twist
Forward bend single leg raise
Full circle stretches
Squat to standing
Buttocks to heels
Indian squat (two stages)
Side stretches (two stages)
Shoulder stretches (six stages)

Kneeling

Kneeling toe stretch (two stages)
Spine awareness on all fours
Spine flex (cat)
Alternate arm and leg extension (tiger)
Tiger pose leading to hip opening
Child pose to relax (two stages)
Back stretch, buttocks on heels to upward facing dog
Walking dog
Downward facing dog extensions (two stages)
The kneeling sequence

Seated

Spine rotation
Butterfly (two stages)
Preliminary to lotus (four stages)
Sitting to and fro
Back and forth loin stretch (two stages)
Stomach strengthener
Simple twist (two stages)
Cross leg forward stretch and twist
Navasana preliminary (two stages)

Lying on front (prone)

Arm and leg diagonal straight stretch (two stages)
Front body lift (three stages)
Hands clasped behind back, front body lift
Alternate thigh lift
Both thighs together lift
Alternate leg raise with straight legs (two stages)
Rock a relaxed body
Lie still and relax

Lying on back (supine)

Lying Supine
Full length toe to finger tip stretch
Full length toe to finger tip stretch with hip lift
Full length toe to finger tip stretch with head, arms and legs hovering
Double knee hug
Spine rocking – several variations
Thigh stretch (two stages)
Cycling (two stages)
Vertebrae stretch, lying on both sides (three stages)
Alternate leg raising with straight legs (two stages)
Semi-supine twist (three stages)

Asanas

Sanskrit name

English name

Standing asanas

Hasta-padangusthasana
Padahasthasana
Parivrtta-parsvakonasana
Parivrtta-trikonasana
Parsvakonasana
Parsvottanasana
Prasorita-padottanasana
Tadasana
Trikonasana
Utkatasana
Uttanasana
Virabhadrasana (three stages)

Hand-to-big toe posture
Hand-to-foot posture
Revolving side angle posture
Revolving triangle posture
Extended side angle posture
Intense side stretch posture
Wide leg forward fold
Mountain posture
Triangle posture
Squat posture
Intense stretch posture
Warrior posture

Balancing asanas

Ardha-chandrasana
Garudasana
Kukkutasana (two stages)
Natarajasana
Parivrtta-ardha-chandrasana
Utthita-hasta-padangusthasana
Vasthitasana
Vrksasana

Half-moon posture
Eagle posture
Cock posture
Dancer posture
Revolving half-moon
Extended hand-to-big toe posture
Posture of Vashista
Tree posture

Sitting asanas

Ardha-matsyendrasana
Navasana
Ardha-padmasana
Bhadrasana (Baddha-konasana)
Dandasana
Janushirshasana
Mahamudra
Marichyasana (three stages)
Padmasana
Parivrtta-janushirsasana
Parvatasana
Paschimottansasana
Parvottanasana
Siddhasana
Sukhasana
Trianga-mukhaika-pada-paschimottanasana
Upavistha-konasana
Yogamudra

Half spinal twist
Seated boat posture
Half lotus posture
Thigh stretch posture
Staff posture
Head-to-knee posture
Great seal posture
Posture of Marichi
Lotus posture
Revolving head-to-knee posture
Sitting mountain posture
Back stretch posture
Front stretch posture (inclined plane)
Adept posture
Comfortable posture
Three-limbed face-to-leg posture
Sitting angle posture
Yoga seal

Kneeling asanas

Anjaneyasana
Balasana
Bharadvajasana (three stages)
Gomukhasana
Marjarasana
Simhasana
Supta-vajrasana
Ustrasana
Vajrasana
Virasana

Crescent moon posture (deep lunge)
Child posture
Posture of Bharadvaja
Cow-face posture
Cat posture (upward and downward)
Lion posture
Lying diamond posture
Camel posture
Diamond thunderbolt posture
Hero posture

Inverted asanas

Adhomukha-vrksasana
Halasana
Karna-pidasana
Piñcha-mayarasana
Sarvangasana
Shirshasana
Viparitarakani

Handstand (inverted tree posture)
Plough posture
Pressing ears posture
Peacock's feathers posture
Shoulder-stand
Head stand
Half shoulder-stand

Prone asanas

Adhomukha-svanasana
Chatarangandasana
Eka Pada Rajakapotasana
Bhujangasana
Dhanurasana
Mayurasana
Naukasana
Shalabhasana
Urdhvamukha-svanasana

Downward-facing dog posture
Four limbed staff posture
One leg king pidgeon posture
Cobra posture
Bow posture
Peacock posture
Boat posture
Locust posture
Upward-facing dog posture

Supine asanas

Ardha-chakrasana
Urdhavadhanurasana
Jathara-parivartanasana
Matsyasana
Merudandasana
Pavanamuktasana (Apanasana)
Setu-bandhasana
Shavasana
Supta-hasta-padangusthasana
Yoga-nidrasana

Half wheel posture
Upward facing bow posture
Lying twist
Fish posture
Lying on back posture
Air release posture
Bridge posture
Corpse posture
Supine hand-to-big toe posture
Yogic sleep posture

Dynamic Sequence

Surya-Namaskara A, B, C & D

Salute to the sun A, B, C & D

Mudras and Bandhas

Asvini mudra
Chin/Chit mudra
Hasta Bandha
Jalamdhara bandha
Jnana/Gynana mudra
Maha mudra
Mula bandha
Pada Bandha
Prana mudra
Shambhavi mudra
Uddiyana bandha
Viparitarani mudra
Yoga mudra

Pranayamas

Anuloma
Bhastrika
Bhramari
Complete yoga breath
Kapalabhati
Nadi shodana (alternate nostril breathing)
Pratiloma
Sikari
Sitali
Surya and Chandra Bhedana
Ujjayi
Viloma

Other breathing exercises

Solar plexus charging
Yoga breathing therapy

Kriyas

Agnisara (fire cleansing)
Brahmamudra (vata sara - air cleansing)
Jala neti (vari sara - water nasal cleansing)
Kapalabhati (skull shining)
Nauli (abdominal churning)
Taramgaka (abdominal wave motion)
Trataka (gazing)

Pratyahara, dharana, dhyana

Misc Japa Mantra

Theoretical Content

Number of hours:

Tutor led: 100

Own study: 400

Philosophy

Students will be introduced to some of the principal texts of yoga philosophy, including the major Upanisads, Bhagavad Gita, Yoga Sutra and Hatha Yoga Pradepika. The course will include study of key Sanskrit concepts such as:

- The sthula, suksma and karana sarira (gross, subtle and casual bodies)
- Pancha koshas (five sheaths)
- Nadis, chakras and granthis (subtle channels, centres and knots)
- Prana (vital force)
- Kundalini (coiled serpent power)
- Tri gunas (three strands or aspects of phenomenal reality)
- Kleshas (afflictions)
- Jivatman and paramatman (individual self and supreme self)

Anatomy, physiology and pathology

Basic knowledge of the following eleven systems, common ailments associated with them and way in which yoga can help:

- Cardio vascular
- Digestive
- Endocrine
- Integumentary (skin and sense organs)
- Lymphatic and immune
- Muscular
- Nervous
- Respiratory
- Reproductive
- Skeletal
- Urinary

Teaching skills

- Application of knowledge of anatomy and physiology in teaching movement, asana and breathing techniques.
- How to prepare a syllabus and teach a yoga class, including scheme of work, course plan and lesson plans.
- How to teach a posture safely.
- Understand how learning takes place.
- Develop clarity of language, both in use and diction.

Related studies

Students will be introduced to a number of ideas and techniques which are complementary to yoga. These include:

- Acu yoga, comprising knowledge of energy meridians in relation to yoga practice.
- Sattvic diet including Ayurveda and nutrition.
- Self-massage techniques.
- Shiatsu and yoga bodywork techniques, especially for helping quality of touch in hands on coaching.
- Qi Gong, using breath, meditation and movement.

Assessment

Aims

1. To measure achievement and provide a basis for the award of a diploma.
2. To assess students fairly and reliably with minimum of subjective bias.
3. To aid and enhance learning by the provision of feedback on written and practical work.

Practice

1. Students are expected to continue regular practice throughout the course and to attend classes with a qualified teacher for a minimum of 132 hours (e.g. 1 x 1.5 hour weekly class attendance and/or attendance at yoga retreats, festivals, workshops).
2. Students are assessed in practice throughout the course.
3. There are five practice classes held by each student, these constitute formal teaching practice.
4. Two further classes are assessed by the course tutor and/or an independent assessor.

Theory

1. Two 1500-word essays (see appendix one).
2. Five essays on how to teach a classical asana, 500-700 words each (see appendix two).
3. Six separate worksheets covering anatomy, physiology and pathology.
4. A 2,500-word project of personal choice relating to holistic yoga.
5. Two case studies (one to one yoga – see appendix three).
6. Syllabus, course plan and lesson plans for teaching a minimum of 5 x 1.5-hour classes or 8 x 1-hour classes including a self-evaluation of having taught this short course (see appendix four).
7. An end of course theory test paper on anatomy, physiology and pathology.
8. An end of course theory test paper on yoga.
9. A self-reflective journal / diary.

Students must complete and achieve a satisfactory standard in all assessments and coursework before receiving a diploma.

Assessors

The course tutors will set and mark theory and observe practice. As the scheme grows more tutors will be involved in this process. They will also moderate assessments in the interests of fairness and justice.

Quality Issues

Quality control is primarily the responsibility of the School Director and the course tutors. Attention is paid to student and teacher evaluations, safety matters and feedback to students. Keeping up to date is important in this dynamic field and teachers on the course will be properly qualified and monitored through evaluation.

Qualified students in receipt of a diploma are expected to attend at least one approved annual update. A directory of teachers is maintained.

Graduates are entitled to join **The Yoga Register**.

Appendix 1

Reference to Assessment, Theory, Essays (page 14)

Essay 1 (1500 words)

Answering the questions below:

1. What is yoga?
2. Give a brief history of yoga.
3. What are yoga's present day uses and achievements?
4. How does yoga work?
5. Are there any circumstances where you would not use yoga, if so explain why?
6. Self help – how do you use yoga to take care of yourself?
7. Why do you practice yoga and how did you come to it?
8. Summarise your view of the role yoga can play in the future.

Essay 2 (1500 words)

Explain what you would suggest to a hypothetical, sceptical, stressed out businessperson to encourage them to practice holistic yoga. Pretend they have come to see you on recommendation. In your answer, discuss the physiology and psychology of stress and tension plus how and why it causes a variety of ills and remedial measures to be taken regarding holistic yoga practices.

Appendix 2

5 Essays on how to teach a classical asana (500-700 words each)

How to teach a classical asana - describe how to teach (including precautions, adaptations, preliminary exercises, breathing instruction and benefits) the following:

1. A forward bend
2. A backward bend
3. A twist
4. A balance posture
5. An inverted posture

(The chosen postures overall should include a standing pose, sitting or kneeling posture and supine or prone posture).

Appendix 3

Case Studies (one to one yoga) x 2

Two separate case studies - each client to have two consultations within seven to fourteen days.

Written work:

1. Create a client questionnaire.
2. Write a list detailing yoga practices suggested to the client.
3. Write a self assessment of the process and experience for yourself including the client feedback.

Appendix 4

Syllabus, course plan and lesson plans for teaching a minimum of 5 x 1.5-hour classes or 8 x 1-hour classes including a self-evaluation of having taught this short course.

- Syllabus = a list of everything you plan to teach in your course.
- Course plan (also known as a 'scheme of work') = a concise overview of your course presented as a chart or written shorthand guide (see chapter 6 of your teaching skills manual).
- Lesson plans = these are a more detailed list of what you actual teach/taught for each individual class. This can include a brief self-reflection and notes to self.
- Self-evaluation = a more detailed overview of how you experience teaching the whole course. This can include student feedback.

Additional notes can include promotional material and/or the story of how you went about creating the course.

Indicative Reading List

PLEASE NOTE - you are not expected to own or read all of the following books. They are simply a suggestion and there are many more books available. Specific ones will be recommended during the course. In the meantime, a good place to start are titles below marked with a star (*).33

Yoga General

- *Asana, Pranayama, Mudra, Bandha Satyananda*, Swami. (Bihar School)
- *Ashtanga Yoga. The Practical Manual* Swenson, David. (Ashtanga Yoga Productions)
- *Breath, Mind Consciousness and Chakras: Energy Centres of Transformation* Johari, Harish. (Destiny)
- *Dynamic Yoga* Devereux, Godfrey. (Thorsons)
- *Eastern Body, Western Mind. Psychology and the Chakra System as a Path to the Self.* Judith, Anodea. (Celestial Arts)
- *Encyclopedic Dictionary of Yoga.* Feuerstein, Georg. (Unwin Paperbacks, London)
- *Hatha Yoga* Burley, Mikel. (Motilal Banarsidass)
- *Light on Yoga, The Illustrated Light on Yoga and Light on Pranayama* Iyengar, B.K.S. (Aquarian)
- *Moola Bandha: The Master Key* Satyananda, Swami. Buddhananda. (Bihar School)
- *Mudras: Yoga in Your Hands.* Gertrud Hirschi. Red Wheel/Weiser.
- *Myths of the Asanas.* Arlana van der Kooij and Arjuna Kaivalya (Mandala Publishing)
- *Sadhana* Sivananda, Swami. (Sivananda Yoga Vedanta Centre)
- (*) *Spirit and Practice of Moving into Stillness* Schiffmann, Erich. (Pocket Books)
- *The Chakras* Leadbeater, C.W. (Quest Books)
- *The Complete Yoga Book* Hewitt, James. (Century Paperbacks)
- (*) *The Heart of Yoga* Desikachar, T.K.V. (Inner Traditions International)
- *The Serpent Power: The Secrets of Tantric and Shakti* Yoga Avalon, Arthur (John Woodroffe). (Dover)
- *To Know Yourself* Satchidananda. (Integral)
- *Yoga for Common Ailments* Monro, Robin. (Gaia)
- *Yoga Mind, Body & Spirit. A Return to Wholeness* Farhi, Donna. (Newleaf)
- *Yoga the Iyengar Way* Mehta Shyam & Mira Silva. (D K Books)
- *Yoga: Immortality and Freedom* Eliade, Mircea., trans. W. R. Trask (Bollingden Series 56, 2nd edn. Princeton, NJ: Princeton University Press)
- *Yoga: Mastering the Basics* Anderson, Sandra & Solvik, Rolf. (The Himalayan Institute Press)
- *Yoga: The Hidden Language* Radha Swami. (Shambhala) and *Kundalini Yoga for the West* (Timeless) and *Mantras* Radha Swami (Timeless)

Yoga Philosophy

General

- ***A Sourcebook in Indian Philosophy.*** Gheranda Samhita. Siva-Samhita, various translations of Radhakrishana, S. and C. A. Moore (eds). Princeton, NJ: Princeton University Press. [This contains, among many other things, extracts from the *Bhagavad-Gita* and the major Upanishads, plus the complete text of the *Yoga-Sutra* (translated by Rama Prasad) with extracts from two commentaries.]

Upanishads

- ***The Mandukyopanishad with Gaudapada's Karika and Sankara's Commentary.*** Nikhilananda, Swami (trans.) (Sri Ramakrishna Asrama, Mysore, India)
- ***The Principal Upanishads.*** Radhakrishnan, S. (trans.). (London: George Allen & Unwin)
- ***The Upanishads.*** Mascaró, Juan (trans.). (London: Penguin Classics)

Bhagavad-Gita

- ***The Bhagavad Gita*** Edgerton, Franklin (trans.). (2 vols, Harvard Oriental Series 38 and 39. Cambridge, MA: Harvard University Press) [Both volumes were re-issued in a single-volume Indian edition by Motilal Banarsidass in 1994.]
- ***The Bhagavad Gita*** Mascaró, Juan (trans.). (Penguin Classics)
- **(*) *The Living Gita: The Complete Bhagavad Gita*** Satchidananda, Swami (trans.). (Integral Yoga Publications)

Yoga-Sutra

- ***The Path of the Yoga Sutras.*** Nicolai Bachman. Sounds True Inc.
- **(*) *The Yoga Sutras of Patanjali*** Satchidananda, Swami (trans.). (Integral Yoga Publications) [Includes commentary by Swami Satchidananda.]
- ***The Yoga System of Patanjali*** Woods, James Haughton (trans.). (Harvard Oriental Series 17. Cambridge, MA: Harvard University Press) [This translation endeavours to be technically precise, and includes the commentaries by Vyasa and Vachaspati Mishra.]
- ***The Yoga-Sutra of Patanjali: A New Translation and Commentary*** Feuerstein, Georg (trans.). (Dawson) [Includes commentary by Feuerstein.]
- ***Yoga Sutras of Patanjali.*** Edwin Bryant. North Point Press

Hatha Yoga - including Hatha Yoga Pradipika

- **Hatha Yoga Pradipika**, Muktibodhananda, Swami (trans.). 2nd edn (Bihar School) [This has the complete text whereas most other available editions of the *HYP* are expurgated.]
- **Hatha Yoga: The Report of a Personal Experience** Bernard, Theos. (Rider & Company)
- (*) **Hatha-Yoga-Yoga: Its Context, Theory and Practice** Burley, Mikel. (Motilal Banarsidass)
- **Hatha Yoga Pradipika with notes from Krishnamacharya**, A.G. Mohan and Dr. Ganesh Mohan, (Svastha Yoga)

Gheranda Samhita

- **Gherada Samhita**, Swami Niranjanananda Saraswati, (Bihar School)

Shiva Samhita

- **The Shiva Samhita**, Mallinson, James, (YogaVidya.com)

Anatomy, Physiology and Pathology

- A concise medical dictionary of your choice
- (*) **Anatomy & Physiology** Ross & Wilson. (Churchill/Livingstone)
- **Anatomy of Hatha Yoga** Coulter, David. (Body and Breath)
- **Introduction to Anatomy & Physiology** Tucker, Louise. (Holistic Therapy Books)
- **Job's Body** Juhan, Deane. (Station Hill Press)
- **Principles of Anatomy & Physiology** Grabowski & Tortora. (Wiley International)
- **Stretching without Pain** and **The Muscle Book** Blakey, Paul. (Bibliotek Books Ltd)
- **Structural Yoga Therapy** Stiles, Mukunda. (Samuel Weiser Inc)
- **The Anatomy Colouring** Elson & Kapit. Book (Harper & Row)
- **The Concise Book of Muscles** Jarmey, Chris. (Lotus)
- **The Key Muscles of Yoga: Your Guide to Functional Anatomy in Yoga**. Ray Long. (Independent Publisher)
- **Understanding Diseases** Ball, John. (Daniel)
- (*) **Yoga Anatomy**. Leslie Kaminoff (Human Kinetics)
- **Yogabody: Anatomy, Kinesiology, and Asana**. Judith Hanson Lasater. (Rodmell Press)

Ayurveda

- **Ayurveda** Green, Anne.
- **Ayurveda, Health, Life & Longevity** Svoboda, Robert.
- **Ayurveda: The Science of Self Healing** Lad Vasant, Dr. (Lotus Press)
- **Healing with Ayurveda** Hope – Murray, Angela.
- (*) **The Book of Ayurveda** Morrison, Judith. (Gaia)