



The Devon School of Yoga

Yoga Teacher Training Course

SYLLABUS

September 2024 – June 2026

COURSE DATES

2024

- Sept 7-8
- Sept 27-29
(Residential)
- Oct 26-27
- Nov 30 – Dec 1

2025

- Jan 18-19
- Feb 8-9
- March 8-9
- April 5-6
- May 10-11
- June 14-15
- July 12-13
- Sept 6-7
- Oct 3-5 (Residential)
- Nov 1-2
- Dec 6-7

2026

- Jan 17-18
- Feb 14-15
- March 14-15
- April 17-19
(Residential)
- June 6-7

**Devon School of Yoga established 1989
35 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 practices are based on the lineage of the Dr. Pillai system of kriyās, prāṇāyāma, 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 founding member of Yoga Teachers Together (YTT).

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 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 rājas -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 by three fundamental yoga principles:

- **Ahimsā** (non-injury)
- **Satya** (truthfulness)
- **Svādhyāya** (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 practising āsana being as important as the accomplishment of the āsana.
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 their ability to explain and demonstrate them.
6. The ratio of students to teachers will not exceed 14:1.

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.

As per the YTT register, tutor contact hours total a minimum of 75% of the total course hours.

Tutor led:	100 hours theory, 184 hours practice (284 hours tutor-led)
External tutor led:	Minimum 150 hours (e.g. roughly 1 x 1.5-hour weekly class attendance and/or attendance at yoga retreats, festivals, workshops)
Student's own work:	250 hours theory, 500 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 yoga sopāna (yoga preparatory exercises) prior to traditional āsana 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 āsana, 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 āsana or exercise and be able to teach these modifications for more effective practice.
5. Recognise efficient breathing habits and be able to teach the progression from basic breathing to prāṇāyāma using a variety of yoga techniques including kriyās, 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 āsana and prāṇāyāma 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 kriyās, mudras and bandhas in the context of traditional teaching and how these relate to the concepts of prāṇa and prāṇāyāma.
7. The main paths of yoga, raja and hatha and have the ability to outline the paths of jñāna, 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, jñāna, 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 YTT register. The course achieves the 500-hour YTT register yoga teacher training standard.

Practical Content

Number of hours:

Tutor led: 165

External tutor led: 150 (e.g. roughly 1 x 1.5-hour weekly class attendance and/or attendance at yoga retreats, festivals, workshops)

Own practice: 500

Yoga Sōpāna (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 posture leading to hip opening

Child posture 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
Nāvāsana 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 fingertip stretch
Full-length toe to fingertip stretch with hip lift
Full-length toe to fingertip 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)

Classical Āsana (Postures)

(Sanskrit name)

(English name)

Standing Āsanās

Hasta-pādānguṣṭhāsana

Hand to big toe posture

Pādahastāsana

Hand to foot posture

Parivṛtta-pārśvakoṇāsana

Revolving side angle posture

Parivṛtta-trikoṇāsana

Reverse triangle posture

Pārśvakoṇāsana

Extended side angle posture

Pārśvottānāsana

Intense side stretch posture

Prasārita-pādottānāsana

Wide leg forward bend posture

Tāḍāsana

Mountain posture

Trikoṇāsana

Triangle posture

Utkaṭāsana

Squat posture

Uttānāsana

Intense stretch posture

Vīrabhadrāsana (3 stages)

Warrior posture

Balancing Āsanās

Ardha-candrāsana

Half moon posture

Bakāsana

Crane posture

Garuḍāsana

Eagle posture

Kukkuṭāsana

Cockerel posture

Naṭarājāsana

Dancer posture

Parivṛtta-ardha-candrāsana

Revolving half moon posture

Utthita-hasta-pādānguṣṭhāsana

Extended hand to big toe posture

Vasiṣṭhāsana

Posture of Vashistha

Vṛkṣāsana

Tree posture

Sitting Āsanās

Ardha-matsyendrāsana

Half spinal twist

Ardha-padmasana

Half lotus posture

Bhadrāsana (Baddha-koṇāsana)

Thigh stretch posture

Daṇḍāsana

Staff posture

Jānu-śirṣāsana

Head to knee posture

Krouncāsana

Heron posture

Mahā-mudrā	Great seal posture
Marīchyāsana 1 & 2	Posture of Marichi
Nāvāsana	Seated boat posture
Padmāsana	Lotus posture
Parivṛtta-jānu-śīrṣāsana	Revolving head to knee posture
Pārvatāsana	(Seated) mountain posture
Paschimottānāsana	Back stretch posture
Pūrvottānāsana	Front stretch posture (Inclined plane)
Siddhāsana	Adept posture
Sukhāsana	Comfortable posture
Triang-mukhaikapāda- paschimottānāsana	Three limbed face to leg posture
Upaviṣṭha-koṇāsana	Sitting angle posture
Yogamudrā	Yoga seal

Kneeling Āsanās

Bālāsana	Child posture
Bharadvājāsana (3 stages)	Posture of Bharadvaja
Gomukhāsana	Cowface posture
Mārjārāsana	Cat posture (upward and downward)
Siṃhāsana	Lion posture
Supta-vajrāsana	Lying diamond posture
Uṣṭrāsana	Camel posture
Vajrāsana	Thunderbolt posture
Vīrāsana	Hero posture

Inverted Āsanās

Adhomukha-vṛkṣāsana	Handstand (Inverted tree posture)
Halāsana	Plough posture
Karṇa-pīdāsana	Pressing ears posture
Pinca-mayūrāsana	Peacock's feathers posture
Sarvāṅgāsana	Shoulderstand
Śīrṣāsana	Headstand
Viparītakarāṇi	Half shoulderstand/Reversing posture

Prone Āsanās

Adhomukha-śvānāsana	Downward facing dog posture
Bhujāṅgāsana	Cobra posture
Dhanurāsana	Bow posture
Eka-pāda-rājakapotāsana	One foot king pigeon
Mayūrāsana	Peacock posture (balancing on hands)
Naukāśana	(Lying) boat posture
Śalabhāsana	Locust posture
Ūrdhvamukha-śvānāsana	Upward facing dog posture
Caturanga-daṇḍāsana	Four limbed staff posture

Supine Āsanās

Ardha-cakrāsana	Half wheel posture
Ūrdva-dhanurāsana	Upward facing bow posture
Jaṭara-parivartanāsana	Lying twist
Matsyāsana	Fish posture
Merudaṇḍāsana	Lying on back posture
Pavanamuktāsana (Apānāsana)	Air release posture
Setu-bandhāsana	Bridge posture
Śavāsana	Corpse posture
Supta-hasta-pādāṅguṣṭhāsana (3 stages)	Supine hand to big toe posture
Yoga-nidrāsana	Yogic sleep posture

Dynamic Sequence

Surya-Namaskara A, B, C & D	Salute to the sun A, B, C & D
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Mudrās (Seals)

Añjali mudrā (divine offering)
Cit/Cin mudrā (mind consciousness)
Jñāna/Gyan mudrā (knowledge/wisdom)
Kālī mudrā (mudrā of Hindu goddess Kālī)
Khecarī mudrā (moving in the ether)
Śāṃbhavī-mudrā (brow gazing)
Vīparītakarāni-mudrā (Reversing posture, Half shoulder-stand)
Viṣṇu-mudrā (mudrā of Hindu god Viṣṇu)

Bandhas (Locks)

Jālaṃdhara-bandha (Throat lock)
Mahā-bandha (Great lock)
Mūla-bandha (Root lock)
Uḍḍiyāna-bandha (Diaphragm lock)

Kryās (Cleansing)

Agni-sāra-kriyā (Gastric fire action)
Brahma-mudrā (Gesture of Brahma)
Kapālabhāti (Shining skull)
Nauli (Rolling motion)
Taraṅgaka (Wave motion)
Trataka (Gazing)

Prāṇāyāma (Breath/Energy Regulation)

Antara-kumbhaka (Internal retention)
Bāhya-kumbhaka (External retention)
Bhastrikā (Bellows)
Kevala-kumbhaka (Complete retention)
Pūraka (Inhalation)
Recaka (Exhalation)
Sahita-kumbhaka (Supported retention)
Ujjāyī (Victorious)

Solar plexus charging
Yoga breathing therapy

Cakras (Chakras) and Subtle Body

PLEASE NOTE – The Sanskrit term ‘Cakra’ is pronounced ‘Chakra’

Mūlādhāra-cakra (Root support centre)
Svādiṣṭhāna-cakra (Ownmost place)
Maṇipūra-cakra (Jewel-filled centre)
Anāhata-cakra (Unstruck sound)
Viśuddhi-cakra (Purity centre)
Ājñā-cakra (Command centre)
Sahasrāra-padma (Thousand-petalled lotus)
Kuṇḍalinī-Śakti (Coiled power)
Nāḍī (Vital channel)
Prāṇa (Vital energy)

Pratyāhāra, Dhāraṇā, Dhyāna

Misc Japa Mantra

Theoretical Content

Number of hours:

Tutor-led: 100

Own study: 250

Philosophy

Students will be introduced to some of the principal texts of yoga philosophy, including the major Upaniṣad, Bhagavad Gītā, Yoga Sutra and Haṭha Yoga Pradīpikā. The course will include study of key Sanskrit concepts such as:

- The sthūla, sūkṣma and *kāraṇa-śarīra* (gross, subtle and casual bodies)
- Pañca kośa (five sheaths)
- Nādī, cakras (chakras) and granthis (subtle channels, centres and knots)
- Prāṇa (vital force)
- Kuṇḍalinī - (coiled serpent power)
- Tri guṇa (three strands or aspects of phenomenal reality)
- Kleśa (afflictions)
- Jīvātman and paramātman (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, āsana and breathing techniques.
- How to prepare a syllabus and teach a yoga class, including course and lesson planning.
- How to teach a posture safely.
- Understand how learning takes place.
- Develop clarity of language, both in use and diction as well as non-verbal communication.

Related studies

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

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

Practice

1. 150 hours: Students are expected to continue ongoing regular practice with external tutors throughout the course and to attend yoga practices for a minimum of 150 hours (e.g. roughly 1 x 1.5-hour weekly class attendance and/or attendance at yoga retreats, festivals, workshops).
2. 500 hours: Student home self-practice throughout the course.
3. Students are assessed in practice throughout the course.
4. There are five-eight practice student teaching classes run as a course held by each student, these constitute formal teaching practice.
5. Two further student-taught classes are assessed by the course tutor(s) and/or an independent assessor.

Theory

1. Two 1500-word essays (see appendix one). Plus, one 1500-word yoga philosophy essay (details for this will be provided in your course manual).
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 2000-3000-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. 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 from and 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 YTT Register.

Appendix 1

Reference to Assessment, Theory, Essays (see also page 15)

Essay 1 (1500-1700 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 (1500-1700 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 a 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

Five detailed descriptions on how to teach a classical asana (500-700 words each)

How to teach a classical asana - describe how to teach (including precautions, adaptations, soproana (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 posture, 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 is 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 5 of the Teaching Skills Manual.)
- Lesson plans = these are a more detailed list of what you actually 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.

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 (*). Please note that students will have access to the school's library throughout the course.

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)
- *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)
- *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)
- (*) *Spirit and Practice of Moving into Stillness* Schiffmann, Erich. (Pocket Books)
- *The Chakras* Leadbeater, C.W. (Quest Books)
- (*) *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)
- *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)
- **Introduction to Anatomy & Physiology** Tucker, Louise. (Holistic Therapy Books)
- **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)
- (*) **Yoga Anatomy.** Leslie Kaminoff (Human Kinetics)
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