

Yoga University of Florida, Power Alignment Yoga®,
& Altamonte Springs Yoga
Teacher Training Program 2018 - The Art and Science of Teaching Hatha Yoga

290 Hour Yoga Teacher Training Required Book List

1. **Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom** Paperback by Rick Hanson (Author) , Richard Mendius (Collaborator) http://www.amazon.com/Buddhas-Brain-Practical-Neuroscience-Happiness/dp/1572246952/ref=sr_1_1?ie=UTF8&qid=1390147410&sr=8-1&keywords=buddhas+brain
2. **The Sevenfold Journey: Reclaiming Mind, Body and Spirit Through the Chakras** Paperback by Anodea Judith (Author) , Selene Vega (Author) http://www.amazon.com/The-Sevenfold-Journey-Reclaiming-Through/dp/0895945746/ref=sr_1_1?ie=UTF8&qid=1390147459&sr=8-1&keywords=sevenfold+journey
3. **The Anatomy of Exercise and Movement for the Study of Dance, Pilates, Sports, and Yoga** Paperback by Jo Ann Staugaard-Jones (Author) http://www.amazon.com/gp/product/158394351X/ref=oh_details_o01_s02_i00?ie=UTF8&psc=1
4. **The Key Poses of Yoga: Scientific Keys, Volume II** Paperback by Ray Long (Author) , Chris Macivor (Illustrator) http://www.amazon.com/The-Key-Poses-Yoga-Scientific/dp/1607432390/ref=sr_1_1?ie=UTF8&qid=1390147923&sr=8-1&keywords=key+poses+of+yoga
5. **The Secret Power of Yoga**, Paperback by Nischala Joy Devi.