

Yoga University of Florida, Power Alignment Yoga®  
& Altamonte Springs Yoga Teacher Training Programs  
... the Art of Teaching Hatha Yoga™

670Hour TT Required Book List:

1. The Secret Power of Yoga – Nischala Joy Devi
2. Anatomy of the Spirit: The Seven Stage of Power and Healing – Caroline Myss
3. Any Translation of the Yoga Sutras
4. Buddha's Brain – Rick Hanson, Ph.D
5. Illustrated Essentials of Musculoskeletal Anatomy – Sieg and Adams
6. The Key Poses of Yoga Ray Long, C, FRCSC Volume 2
7. \*Additional Books will be assigned during training

Suggested Reading List:

1. The Key Poses of Hatha Yoga Scientific Keys Volume I – First, Second and Third Editions - Ray Log
2. Functional Anatomy of Yoga: A Guide for Practitioners and Teachers – David Keil
3. Yogabody: Anatomy, Kinesiology, and Asana – Judith Hanson Lasater
4. Light On Yoga - BKS Iyengar
5. Light on Pranayama – BKS Iyengar
6. Light On the Yoga Sutras - BKS Iyengar
7. Light On Life – BKS Iyengar
8. The Yoga Sutras of Patanjali – Swami Satchidinanda
9. The Healing Path of Yoga – Nischala Joy Devi
10. Meditations from the Mat – Rolf Gates
11. Yoga Posture Adjustments and Assisting - Stephanie Pappas
12. Loving-Kindness: The Revolutionary Art of Happiness – Sharon Salsberg

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