

## RESOURCES & BIBLIOGRAPHY 200

(A) fundamental books. (B) excellent but not fundamental

### TECHNIQUES: Asanas, Pranayama, etc

	A	B
Iyengar, BKS "Light on Yoga"	✓	
Iyengar, BKS "Light on Pranayama"	✓	
Srivatsa Ramaswami "The Complete Book of Vinyasa"	✓	
Lappa Andrey, 'Yoga, Tradition of Unification'		✓
Swami Niranjanada Saraswati "Prana Pranayama Prana Vidya", (Bihar School of Yoga 1994)		✓
Swami Niranjanada Saraswati, "Asanas, pranayama, Mudra, Bandha" (Bihar School of Yoga 1969)	✓	
Swami Niranjanada Saraswati, "Moola Bandha, the Master Key" (Bihar School of Yoga)	✓	

### PHILOSOPHY

Feuerstein, 'The Yoga Tradition'	✓	
Feuerstein, Georg, 'Teachings of yoga'		✓
'The Yoga Sutra of Patanjali' translated by Shyam Ranganathan	✓	

#### The Bhagavad Gita (**NOT** the translation by Prabhupada titled "The Bhagavad Gita as it is")

A new translation by W.J. Johnson, in Oxford World's Classics	✓	
The Bhagavad Gita translated by Eliot Deutsch		✓
Easwaran, Eknath, The Bhagavad Gita		✓

#### Vedas

Hymns from the Rig Veda, translated by A.A. McDonell, Heritage of India Series Calcutta		
Chandogya Upanisad, translated by J.A.B. van Buitenen		
From the Bihar School of Yoga, there are good translations of the various Upanishads		

#### Anatomy & physiology

Atlas of Human Body by Frank Netter	✓	
"Know your body The Atlas of Anatomy" by Trevon Weston	✓	
"Anatomy of Hatha-Yoga" by David Coulter	✓	
Anatomy of movement by Blandine Calais-Germain		✓
Bandhayoga by Ray Long and Chris Macivor		✓
Stark, Dr Steven «the Stark Reality of Stretching»		✓

#### General Culture

Frawley & Navaratna Rajaram "Vedic Aryans & the Origin of Civilization" 3rd ed. 2001		✓
Sjoman, Norman "The Yoga Tradition at the Mysore Palace"		✓
Paramahansa Yogananda, Autobiography of a Yogi	✓	
Krishnamurti "Journal"		✓
Krishnamurti "The Revolution Within", any book under his name		✓
Goldstein, Joseph & Kornfield, Jack "Seeking the Heart of Wisdom"		✓
The Intention Experiment, Lynn McTaggart		✓

#### Buddhism, Tibetan Buddhism & Dzogchen teaching <sup>1</sup>

What the Buddha taught, by Walpola Rahula	✓	
Choegyal Namkhai Norbu, The Crystal, and the Way of Light	✓	
Choegyal Namkhai Norbu, Dzogchen teachings	✓	
Dzogchen, The Self-Perfected State, by Choegyal Namkhai Norbu	✓	
Ricard, Mathieu & Trinh Xuan Thuan, 'The Quantum and the Lotus'		✓
Sogyal Rinpoche «The Tibetan book of living and dying»		✓
Cozort, Daniel "Highest Yoga Tantra"		✓
Patrul Rinpoche, The Words of My Perfect Teacher		✓
Lama Thubten Yeshe, The Bliss of Inner Fire		✓
Dream Yoga and the Practice of Natural Light, by Choegyal Namkhai Norbu		✓
On Bön, all books by John Myrdhin Reynolds, by Lopon Tenzin Nandak, and by Tenzin		✓

<sup>1</sup> I say 'not-prioritary' because Tibetan Tantra is not included in a Yoga-TTC, though it is Yoga

Wangyal Rinpoche		
The Tibetan book of the Dead by Gyurmed Dorje or by Choegyal Namkhai Norbu (the only good translation, do not read Dr Evans Wentz's translation, pls)		✓
Chogyal Namkhai Norbu "Rainbow Body, The Life and Realization of Togden Ugyen Tendzin" Translation from Tibetan by Adriano Clemente...		✓

**AYURVEDA**

Frawley David, "Ayurvedic Healing"	✓	
Wujastik, Dominic "The Roots of Ayurveda"		✓

**DVD**

Yoga Unveiled  
 Down the Rabbit Hole  
 The Living Matrix  
 Gandhi  
 Mother Teresa