
2010 REQUIRED READING LIST

Journey into Power by Baron Baptiste*
40 Days to Personal Revolution by Baron Baptiste*
The 3 Minute Meditator by David Harp and Nina Feldman*
A Complaint Free World by Will Bowen*
Scientific Keys: The Key Poses of Hatha Yoga (Volumes I and II) by Ray Long
The Yoga Sutras of Patanjali (translated by Alistair Shearer)
Yoga Postures Adjustments and Assisting by Stephanie Pappas
Journey to the Heart by Melodie Beattie
The Four Agreements by Don Miguel Ruiz

*These books will be provided by YogaSport. All other books in the required list must be purchased by the student before the start of training.
Additional reading may be added during the program.