



Book	Author	Notes	Paper Due?	Due Date
Yoga Mind, Body, Spirit A Return to Wholeness	Donna Farhi	Read just Farhi's translation of the Yamas and Niyamas. We will discuss them our first evening together.	No	November 10, 2017
Bringing Yoga to Life	Donna Farhi	Read the entire book	Yes	December 8, 2017
The Path of the Yoga Sutras	Nicolai Bachman	Read the entire book	No	January 5, 2018
Yoga as Medicine	Timothy McCall	Skim the book and use it as a resource	No	
The Great Work of Your Life	Stephen Cope	Read the entire book	Yes	February 2, 2018
Teaching Yoga	Donna Farhi	Read the entire book	No	
The Bhagavad Gita <u>or</u> The Bhagavad Gita: Krishna's Council in Time of War	Eknath Easwaren or Barbara Stoler Miller	Choose either of these translations, both are not required. Read entire book.	Yes	Patty will assign papers and due dates during class.
Yoga Mind, Body, Spirit: A Return to Wholeness	Donna Farhi	Read the Entire Book	Yes	April 6, 2018
Ayurveda: The Science of Self-Healing	Dr. Vasant Lad	Skim the book, we will discuss it in class	No	
Yoga Anatomy	Leslie Kaminoff	Read the entire book	No	
The Ayurveda Bible	Anne McIntyre	Skim the book, we will discuss it in class	No	
Autobiography of a Yogi	Paramahansa Yogananda	Read the entire book	Yes	May 18, 2018
Light on Yoga	BKS Iyengar	Read the entire book	Yes	June 15, 2018

The definition of 'Paper Due': Write a **two-page summary paper** with your thoughts and reflections (please do not go over two pages). Submit **one copy** of your paper to Jodi or Tami on the designated class day. Please **do not** submit your papers by email. **Please use 12-point font, double-spaced and with one-inch margins.**