

AMBA YOGA CENTER

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www.ambayoga.com

BOOKS (Most available at www.amazon.com)

For Practice:

**Iyengar Yoga by Judy Smith

*Yoga: The Iyengar Way, Silva, Mira and Shyam Mehta, Knopf Publishers

*Light on Yoga, B.K.S. Iyengar, Schocken Books

Yoga: A Gem for Women, Geeta S. Iyengar

Yoga for Pregnancy, Sandra Jordan, St. Martins Press

The Woman's Book of Yoga & Health, Linda Sparrowe and Patricia Walden, Shambhala Press

Light on Pranayama, B.K.S. Iyengar

For Philosophy:

Light on Life, B.K.S. Iyengar

*The Tree of Yoga, B.K.S. Iyengar, Shambhala Publications

Awakening the Spine, Vanda Scavarelli, Harper Collins

The Living Gita, Commentary by Sri Swami Satchidananda, Integral Yoga Pubs.

Light on the Yoga Sutras of Patanjali, B.K.S. Iyengar

Anatomy:

Anatomy Coloring Book, Wynn Kapit

The Key Poses of Hatha Yoga, Vol I and II, Ray Long

Anatomy of Movement, Blandine Calais-Germain

For the Fun of It:

Yoga, by the Yoga Journal (black and white photos of the best of the best)

Yoga: The Path to Wholistic health, B.K.S. Iyengar, Dorling Kindersley

Other: Yoga For Wimps, Miriam Austin, Sterling Publishing

Web Sites: www.bksiyengar.com, www.yogajournal.com

Magazine: Yoga Journal, www.yogajournal.com

Videos/DVDs:

Yoga Journal's Yoga Practice for Beginners, with Patricia Walden, 73 min

Yoga Journal's AM PM Yoga, 2-20min practices

EiEi Yoga, Mystic Fire Video

Yoga Journal's six practice boxed set, with Rodney Yee and Patricia Walden