

## RYT-200 Book List – White Crow Yoga

### REQUIRED BOOKS and MATERIALS

1. Bhagavad Gita (Any translation is acceptable. [A New Translation](#) by Stephen Mitchell is good and so is [Bhagavad Gita For Beginners: The Song Of God In Simplified Prose](#))
2. [Yoga Sutras of Patanjali](#) (any version)
3. [Chakra Balancing Kit](#) by Anodea Judith
4. [Secrets of Meditation](#) by davidji
5. Stephanie Pappas: [Yoga Postures Adjusting and Assisting](#)
6. Your anatomy books will be by Ray Long: [Key Poses of Yoga](#) and [Key Muscles of Yoga](#). A great optional set of books are from Books of Discovery and we sell these for \$120. Just ask us at class (These are required for the RYT-300, but are great for all serious yoga students. We don't require them because we try to keep your cost low, but we highly recommend them!)
7. You are also required to have a yoga mat, notebook, pen, 2 blocks, 1 strap, and 1 bolster (medium or large rectangular is best). We recommend a blanket and we also recommend that you bring a water bottle and maybe some light snacks. We have extras yoga supplies if you forget.
8. While you **do not** have to print out your White Crow Yoga manuals (Levels 1, 2, 3 and Prenatal, which you will be given access to), we do recommend that you have access to them during class on your laptop or tablet. We do not “teach from” the books a lot during class (because that’s boring!), so you won’t find it necessary to refer to them often, but most teachers will ask you to look at a few pages on occasion. Don’t worry; you can always look on with someone else if you don’t have access to a laptop and do not want to print the books. Unless you can’t comfortably read online, there is usually no need to print the books, which is better for the environment and less expensive for you. We do want you to read the books, but these are the type materials you will read through one time and then keep as a reference, so they are usually fine as a pdf. Thank you for considering the environment!

Recommended Books (**optional – NOT required**) include [The Secret Power of Yoga](#) by Nischala Joy Devi and [Easing into the Bhagavad Gita and Patanjali’s Yoga Sutras](#) by Kimberly Beyer-Nelson and [The Language of Yoga](#) by N. Bachman and [Yamas & Niyamas, Exploring Yoga’s Ethical Practice](#) by Debra Adel, [Downward Dogs and Warriors](#) by Zo Newell