

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](#)
7. You are also required to have a yoga mat, notebook, pen, 2 blocks, 1 strap, and 1 bolster
8. You will receive other materials online, but you do NOT have to print those. You may want to download them to an e-device for your reference, but, again, you do not need to print them.