

Remote RYT200 Book List

For Remote Students Please Notice the only book you really need to buy is Secrets of Meditation which is usually priced at \$9.99 (Amazon prices fluctuate)

Summary (see which books you get for free): Note, you must be logged in to see the free books. You will be prompted to download them from the portal, so you don't need to do anything right now with these links. They are only provided as reference. All you are really required to do is purchase the Secrets of Meditation by davidji from Amazon (Kindle or hard copy)

Here's the book outline:

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). **This is provided for you on the portal (after you have paid for the class).**

2. Yoga Sutras of Patanjali (any version). **This is provided for you on the portal (after you have paid for the class).**

3. Chakra Balancing Kit by Anodea Judith

We use this book in the live class and it is a good starting point for chakras. **However, if you have other chakra references or want to read articles online, it is not an absolute essential. I know finances are tight for most of us during this time! So, again, it is not mandatory. You can buy it if you'd like or you can look up chakra information on the web (and there is some chakra info on our White Crow Yoga PDFs)**

4. Secrets of Meditation by Davidji – **You need to buy this (Amazon)**

You can get this inexpensively as a Kindle on Amazon and I do recommend it. (last time I checked, it was \$9.99)

5. Stephanie Pappas: Yoga Postures Adjusting and Assisting

Sent via email.

6. Your anatomy books will be by Ray Long: Key Poses of Yoga and Key Muscles of Yoga (one is just a sample of the book, but you don't absolutely have to have the full book)

Sent via email.