

ANCIENT YOGA TEXTS

1. 'Four Chapters on Freedom: Commentary on *the Yoga Sutras of Patanjali*' by Swami Satyananda Saraswati.
2. 'Light on *the Yoga Sutras of Patanjali*' by B.K.S. Iyengar.
3. '*Hatha Yoga Pradipika*' by Swami Muktibodhananda Saraswati and Swami Satyananda Saraswati.
4. '*The Gheranda Samhita*'.
5. '*The Siva Samhita*'.
6. '*Bhagavad Gita*' with commentary by Shri Shailendra Sharma.
7. '*The Upanishads*'.

PHILOSOPHY AND HISTORY OF YOGA

8. *Georg Feuerstein* 'The Shambhala Encyclopedia of Yoga'.
9. *Mircea Eliade* 'Yoga: Immortality and Freedom'.
10. *Swami Vivekananda* 'Complete works'.
11. *Sarvepalli Radhakrishnan* 'Indian Philosophy'.

YOGA PRACTICE

12. *B.K.S. Iyengar* 'Yoga Dipika, Light on Yoga'.
13. *B.K.S. Iyengar* 'Yoga: the Path to Holistic Health'.
14. *Geeta S. Iyengar* 'Yoga: a Gem for Women'.
15. *Swami Satyananda Saraswati* 'A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya'.
16. *Swami Satyananda Saraswati* 'Moola Bandha: the Master Key'.
17. *Shri K. Pattabhi Jois* 'Yoga Mala'.
18. *Brian Cooper* 'Yoga: the Art of Adjusting'.
19. *John Scott* 'Ashtanga Yoga: The Definitive Step-by-Step Guide to Dynamic Yoga'.
20. *Lino Miele* 'Astanga Yoga'.
21. *T.K.V. Desikachar* 'The Heart of Yoga: Developing a Personal Practice'.
22. *Swami Shivananda* 'Yoga Asanas'.
23. *Andre van Lysebeth* 'Pranayama: the Yoga of Breathing'.
24. *Dhirendra Brahmachari* 'Yogic Sukshma Vyayama'.
25. *David Frawley* 'Yoga and Ayurveda: Self-Healing and Self-Realization'.
26. *Theos Bernard* 'Hatha Yoga: The Report of a Personal Experience'.
27. *Swami Vishnu Devananda* 'Meditation and Mantras'.
28. *Andrey Lappa* 'Yoga: Tradition of Unification'.
29. *H. David Coulter* 'Anatomy of Hatha Yoga'.
30. *Ray Long* 'The Key Muscles of Hatha Yoga'.

SPIRITUAL LITERATURE

31. *Swami Rama* 'Living with the Himalayan Masters'.
32. *Paramahansa Yogananda* 'Autobiography of a Yogi'.