

## Building Your Yoga Library

The Heart of Yoga: Developing a Personal Practice by T.K.V. Desikachar

B. K. S. Iyengar: Light on Yoga : Yoga Dipika

The Yoga Anatomy Coloring Book (fun if you love anatomy & want an uplifting/helpful coloring hobby)

Yoga: Mastering the Basics, Anderson, Sandra, and Rolf Sovik

The Key Muscles of Yoga: Scientific Keys, Volume 1 by Ray Long

Power Yoga, Bender Birch

Wisdom of Yoga Stephen Cope

Yoga Mind, Body & Spirit, Bringing Yoga To Life & Teaching Yoga both all by Donna Farhi

Yoga for Dummies Feuerstein, Georg and Larry Payne

Frawley, David and Sandra Summerfield Kozak. Yoga for Your Type

The Mirror of Yoga: Awakening the Intelligence of Body and Mind, Richard Freeman

The Art of Vinyasa: Awakening Body and Mind Through the Practice of Ashtanga Yoga, Richard Freeman

Mediations from the Mat, Rolf Gates

Yin Yoga, Paul Grilley

Living Beautifully with Uncertainty and Change, Pema Chodron

Let Your Life Speak: Listening for the Voice of Vocation, Parker Palmer

Women Who Run with the Wolves, Clarissa Pinkola Estes

The Path to Holistic Health, Iyengar, B.K.S. Yoga

Light on Pranayama, Iyengar, B.K.S. Yoga

Eastern Body, Western Mind: Psychology and the Chakra System as a Path to the Self, Anodea Judith - title says it all

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma, Bessel Van Der Kolk, essential, encyclopedic

Wheels of Life, Anodea Judith (A book about Chakras)

Yoga for Transformation, Gary Krafstow

Anatomy, Kinesiology and Asana, Judith Lasater

Relax and Renew, Lasater, Judith.

Essential Yoga Poses, Lasater, Judith.

Life of A Yogi, Dharma Mitra

How to Use Yoga, Mira Mehta

Yoga For Body, Breath, and Mind, AG Mohan

Life is a Stretch, Browning Miller and and Carol Blackman

The Journey Home, Radhanath Swami

Tending the Heartfire, Shiva Rea

The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras, Sri Swami Satchidananda

When Things Fall Apart, Pema Chodran

Yoga: The Spirit and Practice of Moving Into Stillness, Schiffmann, Erich

The Woman's Book of Yoga & Health, Linda Sparrowe and Patricia Walden  
Yoga The Iyengar Way, Silva, Mira & Shyam Mehta.

Teaching Yoga and Yoga Sequencing, Mark Stephens

The Complete Illustrated Book of Yoga, Swami Vishnu-devananda

Bhakti Yoga, Rusty Wells

Yoga: The Poetry of the Body, Rodney Yee with Nina Zolotow

Women Who Run with the Wolves, Clarissa Pinkola Estes, PhD - reclamation of the soul life, becoming, feminine archetype, poetry, psychology

Composing a Life, Mary Catherine Bateson - nonfiction biographical about women and the "creative potential of the complex lives we live today," second wave feminism, anthropology

The Heart Aroused: Poetry and the Preservation of the Soul in Corporate America, David Whyte - title says it all ;)

the sun and her flowers, rupi kaur

When Women Were Birds: Fifty-Four Variations on Voice, by Terry Tempest Williams, beautiful tapestry of memoir and nonfiction, a generational remembering of women set against striking landscapes

The Prophet, Kahlil Gibran, classic early 20th c Lebanese poetry and philosophy

Essential Rumi, Coleman Barks translation - the words that sparked centuries' of heart revolutions, including our own "forty early mornings"

Being Peace, Thich Nhat Hanh, how to be kind, live a good life, be peace, just incomparable and elegant in its depth and simplicity

The Anxiety First Aid Kit: Quick Tools for Extreme, Uncertain Times - Rick Hanson, et al - straightforward, simple, reliable quick fixes (with lasting impact)

Body Full of Stars, Molly Caro May, one woman's postpartum story of becoming a mother, our bodies as home, and female rage

On Writing: A Memoir of the Craft, Stephen King, essential reading for writers

Bird by Bird: Some Instructions on Writing and Life, Anne Lamott, see above but in a completely singular voice of AL - she is bawdy, imaginative, direct, religious, honest, recovering alcoholic, deeply spiritual single mom, master craftsperson, writing expert - just I could read her for days

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness, Jon Kabat-Zinn - essential, encyclopedic

Search Inside Yourself, Chase-Meng Tan, kitschy and a great how-to for beginners and non-believers ;)

Radical Dharma: Talking Race, Love, and Liberation - angel kyodo williams, Lama Rod Owens, Jasmine Syedullah - understanding privilege, race in the context of spiritual collectives and where my work is

Krista Tippett, Becoming Wise, like on being podcast in how to book form

Altered Traits: Science Reveals how Meditation Changes Your Mind, Brain, and Body, Daniel Goleman & Richard J. Davidson, essential, encyclopedic

Joan Didion: The Year of Magical Thinking, Blue Nights - both of love, life, and loss - just moving, stunning, can't not make you wake up and also want to do beautifully ordinary complex nuanced things like live and love

The Boy, the mole, the fox and the Horse, Charlie Mackery, timeless wisdom for all ages through imaginative story and drawing about the the mystery of simply being here

How to Meditate: A Practical Guide to Making Friends with your Mind, Pema Chödrön, the canon on meditation, relevant for "all levels,"

A Gradual Awakening, Stephen Levine, trippy, 70s meditation, Buddhism / Vipassana, intro by Ram Dass ;)

The Irish Wisdom & Beauty Trilogy:

- Eternal Echoes: Celtic Reflections on Our Yearning to Belong, John O'Donohue
- To Bless The Space Between Us: A Book of Blessing, John O'Donohue

Anam Cara: A book of Celtic Wisdom, John O'Donohue, "anam cara" means "soul friend" in Irish. Breathtaking

Devotions, Mary Oliver, if you buy one book of poetry, let this be it. A best-of anthology of her 60 year career

Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids, by Kim John Payne, unsurprisingly, necessary instructions for adults too

Letters to A Young Poet, Rainer Maria Rilke, early 20th-c German poet & philosopher mentorship on how to "have patience with all that is unresolved in your heart" and "live the questions now." (Anita Barrow and Joanna May translation)

Daily Prayer with the Corrymeela Community, Pádraig Ó Tuama, just stunning prayer meets poetry meets daily devotion - an invitation to live each day, let each day unfold with reverence

A Woman's Book of Meditation, Hari Kaur Khlasa, powerful Kundalini meditations for threshold moments in a woman's life

The ART of Stillness!, Pico Iyer, almost-understated, exploratory essays on how and why to be still in a world that's always moving fast.

In the shelter: Finding a Home in the World, Pádraig Ó Tuama, gorgeous essays on what it means to be here - his writing is stunning, stop you in your tracks, yet understated. He holds complexity like only my favorite Irish writers can (See John O'Donohue and close English cousin David Whyte)

The Wisdom of No Escape: and the Path of Loving Kindness, Pema Chödrön, Pema is infinitely wise, humble, my favorite lifelong student / teacher paradigm, well into her 80s now. Legit, real-deal Buddhist nun teaching meditation in an accessible way. For those "my neck is up against the wall" moments that can happen any day (everyday?)

Resilient: How to Grow an Unshakeable Core of Calm, Strength, and Happiness, Rick Hanson, the science behind meditation & that buzzy word "resilience" - Rick has the credentials on paper and in the wild to back it all up. He's one of my favorite resources on how this all "works" from a scientific POV

Hardwiring Happiness, Rick Hanson, see above + one of my favorite, most accessible everyday tools to increase your capacity for good.

Restore and Rebalance: Yoga for Deep Relaxation, Judith Lasater, the grandmother of restorative yoga - see her earlier book too, Relax and Renew: Restful Yoga for Stressful Times

The Courage To Teach: Exploring the Inner Landscape of a Teacher's Life,, Parker Palmer, if you teach anything (even simply moving through this world, teaching life) this is essential reading on how to create a compassionate, collaborative, soul-centered learning environment

Ina May's Guide to Midwifery, Spiritual Midwifery, Ina May's Guide to Breastfeeding - Ina May Gaskin – empowered pregnancy, birth, and motherhood

Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Healing of Plants, Robin Wall Kimmerer  
Earth's Wild Music, Kathleen Dean Moore

Prenatal

Preparing for Birth with Yoga, Updated Edition: Empowering and Effective Exercise for Pregnancy and Childbirth (Paperback) by Janet Balaskas

Yoga Mom, Buddha Baby: The Yoga Workout for New Moms by Jyothi Larson

Yoga for Pregnancy: What Every Mom-to-Be Needs to Know by Judith Lasater and Suzanne Arms

Bountiful, Beautiful, Blissful: Experience the Natural Power of Pregnancy and Birth with Kundalini Yoga and Meditation by Gurmukh Kaur Khalsa