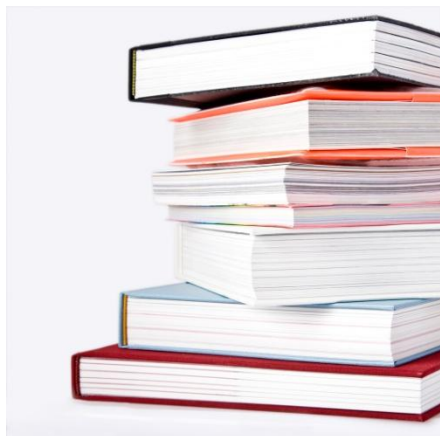


**Q. What materials will I need to purchase for Sun Moon 200-hour YA Yoga Study?**

**A. Nothing is required to begin; Study participants develop a yoga reference library. See below – Incoming participants: Fill out worksheet to estimate expenses, but DO NOT rush to purchase materials. Yoga Study discussions will be helpful.**



### Creating a Yoga Reference Library

A yoga reference library might include books of ancient yoga scripture, human anatomy and physiology and works by the Sufi poet Rumi. More than a resource for fact checking, a yoga reference library can be a beloved support for self-development, especially for a new teacher. Sun Moon Yoga Study does not require participants to purchase and use one specific textbook, or manual; and participants won't memorize a pre-set class and dialogue. Instead, participants develop and learn to use their personal reference libraries to create a variety of yoga experiences, and nurture a lifetime of home practice. Throughout the Yoga Study, participants will accrue a library of 6-8 books, 2-3 DVD's, 3-5 CD's or podcasts of their own choice. The following are recommended and available at Sun Moon Yoga Lifestyle Boutique:

#### General Yoga

- 30 Essential Poses, Judith Lasater, PhD; Rodmell Press, Berkeley, CA **\$23**
- The Art of Teaching, Donna Farhi; Rodmell Press Berkeley **\$18**

#### Specialty Yoga Books:

- The Art of Adjusting, Brian Cooper, PhD; Harmony Publishing, Edinburgh, Scotland **\$42**
- The Art Sequencing, Melina Meza – melinameza.com **\$35**
- Ashtanga Yoga Practice and Philosophy, Gregor Maehle; New World Library, Novato, CA **\$25**

#### Physical Anatomy:

- Yoga Anatomy, Leslie Kaminof **\$18**
- Yoga Anatomy Vol. I – DVD – David Keil **\$40**

#### Energy & Bodywork:

- Thai Yoga Massage (includes CD), Kim Thye Chow; Healing Arts Press, Rochester, VT **\$27**

#### Spirituality:

- The Practice of Meditation – CD with Deb Adele **\$20**
- The Art of Relaxation – CD with Deb Adele **\$20**
- Enlighten Up! – DVD **\$25**

Yoga Study assignment: Fill out the worksheet below listing sources you already own. As you write down the resource title, note if you use it: Frequently, occasionally, or seldom.

## **Worksheet to develop/evaluate yoga references and resources:**

*Studying yoga is an essential part of the practice for teachers and dedicated students. Through sources as varied as the internet or garage sales, Sun Moon Yoga participants will gather yoga books, DVD's and other resources to develop a library that supports them personally as a student, and/or their work as a teacher. Below is a suggested starting point for developing, organizing, planning, budgeting.*

### **General yoga books:**

*Basic material to plan yoga sequences; also, information on meditation, breathing. Books with practical information for teaching.*

- 1.
- 2.
- 3.

### **Specialty yoga books/DVDs:**

*Focused on one topic. These books provide inspiration for creativity.*

- 1.
- 2.
- 3.

### **Physical Anatomy resources:**

*Through anatomy develop an understanding and reverence for the human body.*

- 1.
- 2.

### **Energy & Bodywork understanding:**

*Enhance understanding of energy meridians, chakras, human energy field, etc.*

- 1.
- 2.

### **Inspiration/motivation/support:**

*Chose inspiring, motivating verse for self-development; and self-chosen spiritual books.*

- 1.
- 2.

## **Total one dozen resources for mind, body, spirit self-development**