

Foundational Yoga Texts

It's ideal to go directly to the source when studying any topic. In terms of yoga theory, philosophy, and mythology that would mean that the best path is to read original versions of traditional texts. Original texts often have many layers of meaning that unfold over years of practice and a willingness to read and re-read texts under different circumstances. However, if you don't speak Sanskrit that can be a problem. Some eager students decide to learn Sanskrit, but still the reading can be slow. So, a reasonable alternative is to read a number of different translations (and commentaries) on the same text and compare them. That way you notice biases that may be reflected in the different versions.

Yoga Sutra

- *Yoga, Discipline of Freedom: The Yoga Sutra Attributed to Patanjali*
 - by Barbara Stoler Miller, Bantam
- *Yoga Sutra Volumes 1 & 2*
 - by Pandit Rajmani
- *The Science of Yoga*
 - by I. K. Taimni, The Theosophical Publishing House, Adyar
- *Yoga Philosophy of Patanjali*
 - by Swami Hariharananda Aranya, SUNY Press
- *The Yoga Sutra of Patanjali*
 - translated by Chip Hartranft, Shambhala
- *Yoga: Immortality and Freedom*
 - by Mircea Eliade, Bollingen Series/ Princeton

The Bhagavad Gita

- *The Bhagavad Gita*
 - by Winthrop Sargeant, SUNY
- *The Bhagavad Gita*
 - by S Radhakrishnana, Harper Collins

- **The Principle Upanisads**
 - by S. Radhakrishnana, Indus, Harper Collins, India
- **The Hatha Pradipika**
 - Edited by Swami Digambarji, Kaivalya Dhama
- **The Śiva Samhita**
 - translated by Swami Maheshananda, Kaivalya Dhama
- **The Gheranda Samhita**
 - translated by James Mallinson, Yoga Vidya.com
- **The Hymns of Shankara**
 - by T.M.P. Mahadevan, Motilal Banarsidass Publishers
- **Aparokshanubhuti of Sri Shankaracharya**
 - Translated by Swami Vimuktananda, Advaita Ashram
- **Yoga Taravali**
 - by Deshakachar

Contemporary Books about Yoga

- *Dreams, Illusion and Other Realities*
 - by Wendy Doniger O'Flaherty, The University of Chicago Press
- *Siva, the Erotic Ascetic*
 - by Wendy Donniger O'Flaherty, Oxford
- *Presuppositions of India's Philosophies*
 - by Karl H. Potter, Greenwood Press Classical Samkhya

Yoga Practice Books

- *Light on Pranayama*
 - by B.K.S. Iyengar, Crossroads Press
- *Light on Yoga*
 - by B.K.S. Iyengar, Schocken Books, NY
- *The Complete Book of Vinyasa Yoga*
 - by Shrivatsa Ramaswami, Marlowe & Company
- *Kundalini: Energy of the Depths*
 - by Lilian Siburn, SUNY Press

Anatomy Books

- *Atlas of Human Anatomy*
 - by Frank H. Netter, M.D., Novartis
- *The Anatomy of Movement*
 - by Blandine Calais-Germain, Eastland Press
- *Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists*
 - by Tom Myers, Churchill Livingstone
- *Rolfing: The Integration of Human Structures*
 - by Ida P. Rolf
- *Yoga Anatomy*
 - by Leslie Kaminoff, Human Kinectics

Contemporary Buddhist Books

- *Cutting Through Spiritual Materialism*
 - by Chogyam Trungpa, Shambala Publications
- *Seeking The Heart of Wisdom*
 - by Joseph Goldstein and Jack Kornfield
- *Start Where You Are: A Guide to Compassionate Living*
 - by Pema Chodron, Shambhala Classics
- *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness*
 - by Jon Kabat Zinn,
- *Bantam Books Advanced Reading:*
 - by G.J. Larson, Motilal Banarsidass Publishers
- *Angels Fear: Towards an Epistemology of the Sacred*
 - by Gregory Bateson and Mary Catherine Bateson
- *The Light at the Center: Context and Pretext of Modern Mysticism*
 - by Agehananda Bharti
- *Indian Philosophy*
 - by Richard King, Georgetown University Press

Contemporary Buddhist Books Cont.

- *Other Peoples' Myths: The Cave of Echoes*
 - by Wendy Doniger O'Flaherty, The University of Chicago Press
- *The Serpent Power: The Secrets of Tantric and Shaktic Yoga*
 - by Arthur Avalon (Sir John Woodroffe), Dover Publications, Inc.
- *The Roots of Tantra*
 - edited by Katherine Harper and Robert Brown, SUNY A
- *History of Indian Philosophy (5 volumes)*
 - by Surendranath Dasgupta, Motilal Banarsidass
- *The Tantric Tradition*
 - by Agehananda Bharati, Samuel Weiser, Inc. Indian Philosophy (2 volumes)
- *Teachers' Intensive with Richard Freeman & Mary Taylor*
 - by S. Radhakrishnan, MacMillan
- *The Great Transformation*
 - by Karen Armstrong, Alfred Knopf
- *Verses from the Center: A Buddhist Vision of the Sublime*
 - by Stephen Batchelor, Riverhead Books
- *Nonduality: A Study in Comparative Philosophy*
 - by David Loy, Humanity Books
- *The Sun of Wisdom: Teachings on the Noble Nagarjuna's "Fundamental Wisdom of the Middle Way"*
 - by Khenpo Tsultrim Gyamtso, Shambhala
- *Early Advaita Vedanta and Buddhism: The Mahayana Context of the Gaudapadiya Karika*
 - by Richard King, State University of New York Press Ardon