

# Yoga & Mindfulness Reading List

*The Bhagavad Gita, A Walkthrough for Westerners*

Jack Hawley

*Inside the Yoga Sutras*

Revered Jaganath Carrera

*True Yoga, Practicing with the Yoga Sutras for Happiness & Spiritual Fulfillment*

Jennie Lee

*The Complete Guide to Yin Yoga*

Bernie Clark

*Insight Yoga*

Sarah Powers

*Mindfulness Yoga, The Awakened Union of Breath, Body and Mind*

Frank Jude Boccio

*Yoga for Scoliosis*

Elise Browning Miller

*Autobiography of a Yogi*

Paramahansa Yogananda

*Light on Yoga*

B. K. S. Iyengar

*The Yoga Anatomy Coloring Book*

Kelly Solloway

*The Miracle of Mindfulness*

Thich Nhat Hanh

*Mindfulness: A Practical Guide to Awakening*

Joseph Goldstein

*The Untethered Soul*

Michael A. Singer

*When Things Fall Apart: Heart Advice for Difficult Times*

Pema Chodron

*Day by Day, A Creative Guide to Living your Best Life with Clarity, Intention & Flow*

Amy Meyer

Journal  
by a  
Local Author!

*The Body Keeps the Score: Brain, Body, & Mind in the Healing of Trauma*

Dr. Bessel van der Kolk

*Tao Te Ching, English version*

Lao Tzu | Stephen Mitchell

*The Four Agreements*

Don Miguel Ruiz

*Being Peace*

Thich Nhat Hanh