

Saule 200 Hour Yoga Teacher Training Reading Material

Disclaimer: As an Amazon Associate, we earn from qualifying purchases at no extra cost to you. This commission helps support our school and allows us to continue purchasing helpful content to use for our curriculum. Between all the lead instructors, at least one of us has read one of the following books and genuinely believe they are useful and insightful during training and/or for personal development and growth.

Required Material:

- The Yoga Sutras of Patanjali Translation / Commentary by Sri Swami Satchidananda: <https://amzn.to/4etEDIL>
- The Yoga Anatomy Coloring Book by Kelly Solloway: <https://amzn.to/461uwIC>
- Yoga Toolbox for Teachers and Students by Joseph & Lilian Le Page: <https://amzn.to/446w3UT> OR <https://amzn.to/3G5MyIU> (4th edition = more expensive but comes with new instructions, modifications & videos)

Option Material for a Deeper Dive & Personal Exploration:

Curriculum Deep Dive

- The Yamas and Niyamas by Deborah Adele: <https://amzn.to/44osiLW>
- Teaching Yoga Beyond the Poses by Sage Rountree & Alexandra Desiato: <https://amzn.to/45sxHCR> And/Or <https://amzn.to/43QUdEd>
- The Bhagavad Gita by Eknath Easwaran: <https://amzn.to/465HLSI>
- Yoga Anatomy by Leslie Kaminoff and Amy Matthews: <https://amzn.to/3TkWTnD>

Other Yoga Topics

- The Body Keeps the Score by Bessel Van Der Kolk: <https://amzn.to/3HJubKB>
- Yoga Nidra by Swami Satyananda Saraswati: <https://amzn.to/40cf8z6>
- Radiant Rest: Yoga Nidra for Deep Relaxation & Awakened Clarity by Tracee Stanley: <https://amzn.to/4n5QJFz>
- Yoga Nidra Scripts by Tamara Verma: <https://amzn.to/3G760oE>
- Light on Yoga by B.K.S. Iyengar: <https://amzn.to/4l8kN1i>
- Breath by James Nestor: <https://amzn.to/44aztq0> or <https://amzn.to/4lgmuthH>

Personal Exploration

- Letting Go: The Pathway of Surrender by David R. Hawkins: <https://amzn.to/3ZGdQMK>
- Becoming Supernatural by Dr. Joe Dispenza: <https://amzn.to/3SZTzOs>
- You are the Placebo by Dr. Joe Dispenza: <https://amzn.to/40cflCo>
- The Untethered Soul: The Journey Beyond Yourself by Micheal A. Singer: <https://amzn.to/3ZGRUkF>
- The Power of Now: A Guide to Spiritual Enlightenment by Eckart Tolle: <https://amzn.to/4nbfy2D>
- You are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life by Jen Sincero: <https://amzn.to/4eeEfHx>