Yoga Teacher Training at iThrive Yoga Book List

The Heart of Yoga: Developing a Personal Practice
by T.K.V. Desikacahr (Paperback)
All Modules

Yoga Teachers’ Toolbox (Can be purchased from studio fro $69)
by Joseph Le Page and Lilian Le Page (Ring-Bound)
All Modules

Light on Yoga: Yoga Dipika
by B.K.S. Iyengar, Yehudi Menuhin (Paperback)
Module 1

Yoga Anatomy
by Leslie Kaminoff, Sharon Ellis, Amy Matthews (Paperback)
Module 2

Wheels of Light: Chakras, Auras, and the Healing Energy of the Body
by Rosalyn Bruyere (Paperback)
Module 3

Meditations from the Mat: Daily Reflections on the Path of Yoga
by Rolf Gates, Katrina Kenison (Paperback)
Module 4

Teaching People Not Poses: 12 Principles for Teaching Yoga with Integrity
by Jay Fields (Paperback)
Module 5