

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