



## SEYT READING LIST

Instead of having a specific “required reading list” we’ve made a “suggested” list. We recommend that after each module you purchase the books that resonated you most with you most based module content. Thus, by the end of your studies, you will have a collection of resources that are meaningful for you. Please integrate what you read in these books to your homework: questions, reflections, intake, and lesson plan. Ensure to properly reference.

### REQUIRED READING

IAYT Code of Ethics & Scope of Practice

Various articles from IJYT and YTT for homework

### SUGGESTED READING

#### Yoga Therapy Specific Books:

Bell, Baxter and Zolotow, Nina (2017). *Yoga for Healthy Aging*

Butera, Kristen & Elgelid, Staffan (2017). *Yoga Therapy: A Personalized Approach for Your Active Lifestyle*

Butera, Robert; Byron, Erin; Elgelid, Staffan (2015). *Yoga Therapy for Stress and Anxiety*

Byron, Erin (2017). *Yoga for the Creative Soul*.

Byron, Erin & Moonaz, Stephanie (2018). *Yoga Therapy for Arthritis*

Danford, Jean (2016). *Yoga Therapy for Parkinson's Disease and Multiple Sclerosis*

Finalyson, Diane and Hyland Robertson, Laurie C. (2021). *Yoga Therapy Foundations, Tools, and Practice*

Foulkes, James (2017). *Principles and Themes in Yoga Therapy*

Garner, Ginger (2016). *Medical Therapeutic Yoga*

Horovitz, Ellen; Elgelid, Staffan (2015). *Yoga Therapy: Theory and Practice*

Krentzman, Rachel (2017). *Scoliosis, Yoga Therapy and the Art of Letting Go*

Leibel, Leigh and Pitman, Anne (2022). *Yoga Therapy Across the Cancer Care Continuum*

Majewski, Lee and Bhavanani, Ananda Balayoga (2020). *Yoga Therapy as a Whole-Person Approach to Health.*

Mason, Heather and Birch, Kelly (2018). *Yoga for Mental Health*

Meyers, Tracy (2022). *Yin Yoga Therapy and Mental Health*

Moonaz, Steffany and Byron, Erin (2019). *Yoga Therapy for Arthritis*

Payne, Larry, Gold, Terra and Goldman, Eden (2015). *Yoga Therapy and Integrative Medicine*

Pearson, Neil, Prosko, Shelly & Sullivan, Marlysa (2019). *Yoga and Science in Pain Care*

Rothenberg, Robin (2020). *Restoring Prana*

Schmid, Arlene A., Van Puymbroeck, Marieke (2019). *Yoga Therapy for Stroke*

Spinder, Beth (2018). *Yoga Therapy for Fear*

Stephens, Mark (2017). *Yoga Therapy: Foundations, Methods, and Practices for Common Ailments*

Sullivan, Marlysa (2020). *Understanding Yoga Therapy*

Taylor, Matthew (2018). *Yoga Therapy as a Creative Response to Pain*

Thornton Hardee, Shawnee (2014). *Asanas for Autism.*

Watts, Charlotte (2018). *Yoga Therapy for Digestive Health*

**Other Relevant Books:**

Bachman, Nicolai (2011). *The Path of the Yoga Sutras*

Bainbridge Cohen, Bonnie (2012). *Sensing, Feeling and Action: The Experimental Anatomy of Body-Mind Centering*

Bell, Baxter (2017). *Yoga for Healthy Aging*

Blackaby, Peter (2018). *Intelligent Yoga*

Bryant, Edwin F. (2009). *The Yoga Sūtra-s of Patañjali*

Caldwell, Christine and Leighton, Lucia Bennett (2018). *Oppression and the Body*

Caldwell, Christine (2018). *Bodyfulness*

Caplan, Mariana (2018). *Yoga and Psyche*

Carlson, Linda (2010). *Mindfulness-Based Cancer Recovery*

Dana, Deb (2018). *The Polyvagal Theory in Practice*

Dana, Deb (2020). *Polyvagal Exercises for Safety and Connection*

Dinsmore-Tuli, Uma & Harrison, Jack (2015). *Celtic School of Yoga*

Dowd, Irene (2003). *Taking Root to Fly*

Berceli, David (2008). *The Revolutionary Trauma Release Process*

Boorstein Grossman, Gail (2014). *Restorative Yoga for Life*

Emerson, David (2015). *Trauma-Sensitive Yoga in Therapy*

Farhi, Donna & Stuart, Leila (2017). *Pathways to a Centered Body*

Farhi, Donna (1996). *The Breathing Book.*

Feuerstein, Georg (2008). *The Yoga Tradition*

Fishman, Loren and Ellen Saltonstall (2008). *Yoga for Arthritis*

Fishman, Loren (2014). *Healing Yoga*

Franklin, Eric (2012). *Dynamic Alignment Through Imagery*

Forbes, Bo (2011). *Yoga for Emotional Balance*

Foxen, Anna and Kuberry, Christa (2021). *Is This Yoga?*

Gerber, Christopher (2009). *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions*

Halifax, Joan (2008). *Being with Dying*

Hanna, Thomas (1988). *Somatics*

Hately, Susi (various years). *Anatomy and Asana series/Therapeutic Yoga series (see her website)*

Heller, Diane Poole and Heller, Laurence (2001). *Crash Course*

Heyman, Jivana (2019). *Accessible Yoga*

Jenkinson, Stephen (2015). *Die Wise: A Manifesto for Sanity in the Ending of Days*

Jenkinson, Stephen (2018). *Come of Age*

Johnson, Will (2000). *Aligned, Relaxed and Resilient*

Kabat-Zinn, Jon (1990). *Full Catastrophe Living*

Kaparo, Risa (2012). *Awakening Somatic Intelligence*

Kraftsow, Gary (2002). *Yoga for Transformation*

Krentzman, Rachel (2016). *Yoga for a Happy Back*

Lalitananda, Swami (2007). *The Inner Life of Asanas*

Lasater, Judith (2017). *Restore and Rebalance*

Leggett, Trevor (2017). *The Complete Commentary by Śaṅkara on the Yoga Sūtra-s.*

Levine, Peter (2010). *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*

Levine, Stephen (1998). *A Year to Live: How to Live This Year as if it were Your Last*

Mallinson, James and Singleton, Mark (2017). *Roots of Yoga*

Mitchell, Jules (2019). *Stretching Redefined*

Moseley, Lorimer & Butler, David (2017). *Explain Pain Supercharged*

Musten, Frank; Monteiro, Lynette (2013). *Mindfulness Starts Here*

Neargardner, Lorien (2019). *Cancer + Yoga*

Ogden, Pat and Janina Fisher (2015). *Sensorimotor Psychotherapy*

Olsen, Andrea (1998). *Body Stories*

Parker, Gail (2020). *Restorative Yoga for Ethnic and Race-Based Stress and Trauma*

Pavlovic, Ante (2019). *Classical Yoga Āsana*

Pearson, Neil (2007). *Understand Pain, Live Well Again*

Porges, Stephen W. (2011). *The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-regulation*

Prinster, Tari (2014). *Yoga for Cancer*

Remski, Matthew (2014). *Studying Ayurveda: A Manual in Progress*

Remski, Matthew (2012). *Threads of Yoga*

Remski, Matthew (2019). *Practice and All is Coming*

Rosenberg, Stanley (2017). *Accessing the Healing Power of the Vagus Nerve*

Rotherberg, Robin (2020). *Restoring Prana*

Rousseay, Danielle, Ed. (2014). *Yoga and Resilience*

Rukmani, TS (2001). *Yogasūtrabhāṣyavivaraṇa of Śaṅkara*

Sausys, Antonio (2014). *Yoga for Grief Relief*

Scaravelli, Vanda (1991). *Awakening the Spine*

Sharfarman, Steven (1997). *Awareness Heals: The Feldenkrais Method for Dynamic Health*

Stapleton, Don (2004). *Self-Awakening Yoga*

Stewart, Aggie (2019). *Yoga as Self-Care for Healthcare Practitioners*

Stone, Michael (2008 & 2018). *The Inner Tradition of Yoga*

Stirk, John (2015) *The Original Body*

Taylor, Mark (2019). *Embody the Skeleton*

Van der Kolk, Bessel (2014). *The Body Keeps the Score*

Verny, Thomas (2021). *The Embodied Mind*

Weller, Francis (2015). *The Wild Edge of Sorrow*

Wildcroft, Theodora (2020). *Post-Lineage Yoga*

Winhall, Jan (2021). *Treating Trauma and Addiction with the Felt Sense Polyvagal Model*

### **Applications:**

3D4 Medical (2018). *Complete Anatomy – Systemic Undergraduate Human Anatomy*

<https://3d4medical.com/apps/complete-anatomy/courses>

<https://lifeisnow.ca/product/pain-care-for-life-lhg/>

### **Audio:**

Pitman, Anne (2014) 7 Short Practices. <http://annesyoga.com/home-1> (You may choose 1 or all)

Pitman, Anne (2014). Into the Body. <http://www.oicc.ca/en/programs-event/programs/meditation/download>

### **Websites:**

IAYT: <https://www.iayt.org/default.aspx>

Modern Yoga Research Project: <http://www.modernyogaresearch.org/>

Yoga in Transformation: <https://library.oapen.org/handle/20.500.12657/28215>

The Luminescent: <https://www.theluminescent.org/>