



Bristol School of Yoga

200 Hour Vinyasa and Yin Yoga Teacher Training

Reading List

Essential Pre-Course Reading

These are the books you should buy/ borrow and have to hand throughout the course, and I hope you will find them useful throughout life!

Please read and be familiar with these books before starting your course. You will need knowledge of them for group discussion, presentation and coursework. There are several translations of some texts, you need to have at least one copy of each text.

General yoga: The Heart of Yoga: Developing a Personal Practice, TKV Desikachar (a yoga text book with sutras included). You need to read the sutras section, at the back also.

Mindfulness/ Zen: Miracle of Mindfulness, Thich Nhat Hanh

Yin: Insight Yoga, Sarah Powers

Anatomy/ Physiology: We have copies of both of these in studio to buy, choose one or both- they are very different:

The Physiology of Yoga, Andrew McGonigle & Matthew Huy

OR

Illustrated Yoga Anatomy, Stu Girling

The Bhagavad Gita

Again, many translations exist. Recommended translations include:

- Eknath Easwaren. Bhagavad Gita
- George Thompson. The Bhagavad Gita: a new translation
- Edward Viljoen. Bhagavad Gita for Beginners



Hatha Yoga Pradipika

- Swami Muktibodhananda. Hatha Yoga Pradipika. Yoga publications Trust.
- Brian Dan Akers. Hatha Yoga Pradipika. Yoga Vidya. The text can be downloaded online at (June 2016):
 - o <http://www.swamij.com/hatha-yoga-pradipika.htm>
 - o <http://terebess.hu/english/HathaYogaPradipika2.pdf>

Other Yin Yoga Texts

- The Complete Guide to Yin Yoga, Bernie Clark
- Yin Yoga Principles and Practices, Paul Grilley

Further Reading- this section could go on forever!

- The Yoga Sutras of Patanjali, Edwin F Bryant.

I have not made this compulsory as it is a tricky, but incredibly rich and rewarding yoga text. There is a simple translation in the “Heart of Yoga” set text above, but this translation is a comprehensive academic study of the text.

- Body, Mind, Spirit, Donna Farhi.

This is now 30 years old but remains a useful book with simple practices that inform the asana you can explore for yourself & reflections on the sutras especially the ethics of yoga.

- Yoga Root, James Mallinson etc.

If you’d like to understand yoga history this text offers some insight with readings from a broad array of references and reflections on the development of yoga across the ages.

- Yoga Biomechanics, Stretching redefined; Jules Mitchell.

Take an evidence based approach BUT is hard going, so you might like to wait for this one!



There are many online resources including:

Blogs- Laura writes regularly sharing tips for personal practice & up to date ideas on movement & yoga philosophy. Her newsletters link to videos & articles so be sure to sign up as we will expect you to be taking an interest in relevant yoga circles.

<https://www.bristolschoolofyoga.co.uk/articles> &

<https://lauragilmoreyoga.co.uk/blog>

Podcast- Yoga Movement Meets Science- Jenni Rawlings & Travis Pollen share up to date evidence based research in this podcast, it is a bit US centric but mostly relevant.

Cultural appropriation resources-

Cultural Appropriation- to understand the research & debate around cultural appropriation have a listen & read to the following

Yogajournal.com for articles on teaching, asana, pranayama, meditation etc. Often not at all evidence based

Bandhayoga.com for information on anatomy

yogamatters.com

Academic papers to check research on movement science pain science etc. can be found on <https://www.ncbi.nlm.nih.gov/> A note on reading scientific papers: don't believe everything- it is all open to interpretation & there is a hierarchy of thoroughness with systematic reviews at the top.

Social media there is a lot of good and evidence based work, and a lot of nonsense! We can share on this during the course. Laura tries to support all the trainees and graduates with relevant and up to date information. So do follow if you can cope with instagram! @lauragilmoreyoga and @bristolschoolofyoga

Evidence Based learning

We aim to teach this course in an evidence based manner- ie according to the latest understanding of how the body & mind works, from reliable research. This means we can better



serve our students and ourselves by offering a movement & mindfulness & meditation practice based on solid research.

This is “myth busting” stuff since a lot of ideas about yoga movement emphasized the fragility of the body which is now disproven. e.g. your foot on your knee in tree pose could hurt your knees. Whereas now we can move to a movement positive approach- since it has been shown time & again that the body is fundamentally really resilient.

Research into body, mind, neurology is always changing so perhaps simply follow some trusted resources who spend time researching & sharing on this. This is exactly what my yoga based platform also does- so this is ready for you anytime you need more support.

In general be wary of what you read, & what sources you believe, since a lot of what is written is simply wrong! We will guide you to helpful literature and resources throughout the course.

The focus on scientific research can seem to take away from the spiritual, but since yoga has always been a search for truth there must be ways to reconcile this. I like to do this by reflecting on what were the yogis saying with words like “prana”. I touch on this in all my offerings but especially the later 300hr course, once you’ve got to grip with teaching!

A note on reading scientific papers: don’t believe everything- it is all open to interpretation & there is a hierarchy of thoroughness with systematic reviews at the top. It’s helpful as you read a study to see how thorough the research was and whether their conclusions actually match what they set out to study & how they approached it.

I describe this in more detail here....

In Conclusion

Read anything that you can- anything that you are interested in. Many of us are guilty of having the books- not necessarily studying them.

Yoga is vast- we can think of so many related fields from yoga history & philosophy to pain science, somatics to exercise science, neurology to psychology etc. etc. so decide what you want to know and go for it!

For an evidence based approach you will need to know how to read academic papers, a few specific books & to question everything you read!

It’s not that yoga language about “prana” or energy is wrong. Just that we can’t validate it scientifically- so we can leave it as a separate exploration.