

Yoga Sutra Shala - Yoga Teacher Training Courses



Requirements:

In order that you can enjoy and get the most out of your investment in this course, we recommend that you have:

- ✓ A good level of general fitness.
- ✓ At least 1 to 2 years of regular yoga practice.
- ✓ Motivation to learn and determination to carry you through both the physical and emotional challenges that will come up.
- ✓ An understanding that yoga is a lifelong journey and that doing the course is just the beginning of your learning as a yoga teacher.
- ✓ The desire to share knowledge with others and to teach with compassion and kindness.
- ✓ Absorbed as much as you can from the reading list (see below).

***“Educating the mind without educating the heart is no education at all.”
—ARISTOTLE***

Your recommended reading list:

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Your recommended reading list:

Ray Long	The Key Muscles of Yoga: Scientific Keys Volume I The Key Poses of Yoga: Scientific Keys, Volume II
BKS Iyengar	Light on the Yoga Sutras of Patanjali
Ekhnath Easwaran	The Bhagavad Gita: Introduced and Translated The Upanishads: Introduced and Translated
Sharon Salzberg	Lovingkindness: The Revolutionary Art of Happiness
Ann Swanson	The Science of Yoga
Thich Nhat Hanh:	The Art of Living Our Appointment with Life: Sutra on Knowing the Better Way to Live Alone

Further reading:

Eckhart Tolle:	The Power of Now Stillness Speaks
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***“The more that you read, the more things you will know,
the more that you learn, the more places you’ll go.”
- DR. SEUSS***