

List of Reading (Svadhayaya) for this Course /Commentary & Final Assignment:

Svadhayaya & Commentary

Yoga Philosophy/LifeStyle Ethics (this exercise is worth 45 non-contact hours of your training)

Books To Bring With You	Books to Read BEFORE and Write Commentary on BEFORE coming (submit via email)	Books To Read AFTER and Write Commentary on AFTER your immersion (submit via email)	***Final Assignment AFTER Immersion Turn in video via Dropbox please
The Bhagavad Gita	Hatha Yoga Pradipika with Commentary from Krishnamacharya by AG Mohan	Autobiography of a Yogi	
*Yoga and Ayurveda by David Frawley	**The Heart of Yoga	The Bhagavad Gita by Eknath Easwaran	
*Yoga Nidra by Swami Satyananda Saraswati	Before or in the first week of the course please read 1-80		

Video Final Assignment			Video of a themed class or dharma talk or Master Vinyasa Sequence
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*** No written commentary of these books will be required but you will go through it here and do exercises - please read through books before coming**

****If you did not attend davannayoga's Teacher Training RYT-200 please read this book and write a commentary on one idea, or one chapter.**

*****ASSIGNMENT AFTER IMMERSION COURSE: After the immersion course you will create and demonstrate (it may be in front of a live audience or a video of only you) a vinyasa class or a dharma talk using one of the key teachings of the books from this course (any one) , you will video the sequence and send in for evaluation (via dropbox).**

