

## 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	
<p>Practical Ayurveda: Find out Who you are and What you need to bring balance to your life. from the Sivananda Vedanta Center</p> <p>Please take dosha quiz in book, skim this book and bring it.</p>	**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

**\* 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).**



