

Anusara Yoga Immersions Required Reading:

Required Manual:

<https://www.anusarayoga.com/product/anusara-school-of-hatha-yoga-immersion-manual/>

- **Anatomy of Movement** - Blandine Calais-Germain
- **Patanjali's Yoga Sutras** - BKS Iyengar has a light on yoga sutras but there are other acceptable authors.
- **Bhagavad Gita** - https://www.amazon.com/Bhagavad-Easwarans-Classics-Indian-Spirituality/dp/1586380192/ref=sr_1_1?s=books&ie=UTF8&qid=1494102893&sr=1-1&keywords=Bhagavad+Gita

There are other available authors.

Anusara Yoga Teacher Training Required Reading:

Required manual:

<https://www.anusarayoga.com/product/anusara-school-of-hatha-yoga-teacher-training-manual/>

- **Trail Guide to the Body**
- **Bhagavad Gita** - https://www.amazon.com/Bhagavad-Easwarans-Classics-Indian-Spirituality/dp/1586380192/ref=sr_1_1?s=books&ie=UTF8&qid=1494102893&sr=1-1&keywords=Bhagavad+Gita
- **Light on Yoga** - BKS Iyengar