

Recommended Books

Yoga, Meditation, Breath, Body

Awakening the Spine by Vanda Scaravelli

Notes on Yoga by Diane Long and Sophy Hoare

Like a Flower by Sandra Sabatini

Breath by Breath by Sandra Sabatini

Understanding yoga from the inside by Orit Sen-Gupta

Anatomy of Movement by Blandine Calais-Germain

Albinus on Anatomy

The Body Has its Reasons by Therese Betherat

The Original Body by John Stirk

Touching Enlightenment by Reginald Ray

Bone, Breath, Gesture edited by Don Hanlon Johnson

The Thinking Body by Mabel Todd

Touching Enlightenment by Reginald Ray

The Awakening Body by Reginald Ray

There are no Secrets by Wolf Lowenthal

Poetry

The Collected Poems of Kathleen Raine

This Day by Wendell Berry

Rilke's Book of Hours

Very Inspiring

And There was Light by Jaques Lusseyran

An Interrupted Life, The Diaries and Letters of Etty Hillesum