

## Recommended Resources

### Texts:

David Frawley (1999) *Yoga and Ayurveda: self-healing and self-realisation*. Lotus Press

Vasant Lad (2006) *Textbook of Ayurveda: fundamental principles of Ayurveda, volumes 1 and 2*. Ayurvedic Press

Vasant Lad (1987) *Ayurveda, the science of self-healing: a practical guide*. Lotus Press

Geshe Michael Roach (2005) *How yoga works*. Diamond Cutter Press.

Geshe Michael Roach and Christie McNally (2005) *The Essential Yoga Sutra: Ancient Wisdom for your Yoga*. Double Day: New York

Geshe Michael Roach and Christie McNally (2009) *Karmic Management* Double Day: New York

Irini Rockwell (2002) *The Five Wisdom energies* Shambhala: London

Saki Santorelli (1999) *Heal Thy Self*. Crown Publications.

Mukunda Stiles (2008) *Ayurvedic Yoga Therapy*. Lotus Press.

### Recommended DVDs:

Paul Grilley (2007) *Chakra Theory and Meditation with Paul Grilley*. Pranayama Inc.

Paul Grilley (2004) *Anatomy for Yoga*. Pranayama Inc.

### Websites:

International Association of Yoga Therapy. Available at: <http://www.iayt.org/>  
Accessed on 25 September 2013

Mind and Life Institute. Available at: <http://www.mindandlife.org/> Accessed on  
25 September 2013

Mukunda Stiles. Available at:  
[http://www.yogatherapycenter.org/structural\\_yoga\\_therapy.html](http://www.yogatherapycenter.org/structural_yoga_therapy.html) Accessed on  
25 September 2013

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Phoenix Rising Yoga Therapy. Available at: <http://www.pryt.com/> Accessed on 25 September 2013

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