

"Fierce Medicine," Ana T. Forrest

"Anatomy of the Spirit; The Seven Stages of Power & Healing," Caroline Myss

"Energy Anatomy: The Science of Personal Power, Spiritual and Health," Caroline Myss

" The Courage to Heal: A guide for Women and Survivors of Child Sexual Abuse," Ellen Bass and Laura Davis

"Interbeing: Fourteen Guidelines for Engaged Buddhism," Thich Nhat Hahn

"Princess in the Land of Snows:The Life of Jamyang Sakya in Tibet," Jamyang Sakya & Julie Emery

"The Bhagavadgita," Gandhi

"Iyengar Way," B.K.S Iyengar

Yoga & The Living Tradion of Krishnamacharya," T.K.V. Desikachar

"Heart of Yoga," T.K.V. Desikachar

"Buffalo Comes Singing," Brooke Medicine Eagle

"Yoga for a World Out of Balance," Michael Stone

"Meditations from the Mat," Rolf Gates

"Living Your Yoga," Judith Lasiter

" A New Earth," Eckhart Tolle

"Being in Balance," Wayne Dyer

"Bionenergetics," Alexander Lowen, MD

"Doga: Yoga for Dogs," Jennifer Brilliant

"Molecules of Emotion," Candace Pert

"The Four Agreements," Don Miguel Ruiz

"Anatomy Coloring Book," Wynn Kapil

**"Autobiography of a Yogi," Paramahansa
Yogananda**

"40 Day Revolution" Baron Baptiste

"Dancing Wu Li Masters," Gary Zukav

"Light on Yoga," BKS Iyengar

"The Yoga of Light," Hans-Ulrich Rieker

**"Preparing for Birth with Yoga," Janet
Balaskas**

**"The Thinking Womans Guide to a Better
Birth," Henci Goer**

"Yoga For Pregnancy," Sandra Jordan

"Yoga Mind, Body and Spirit," Donna Farhi

"Myths of the Asanas," Alana Kaivalya

**"Women's Body, Women's Wisdom,"
Christiane Northrup, MD**

**"Tantra: The Path to Ecstasy," Georg
Feurstein**

**"Yoga: The Spirit & Practice of Moving into
Stillness," Erich Schiffmann**

"Back Care Basics," Mary Pullig Scharts,MD

"30 Essential Yoga Poses," Judith Lasiter

**"Yoga For Your Life," Margret and Martin
Pierce**

"Hands of Light" Barbara Ann Brennan

"Only Don't Know" Seung Sahn

Yoga and Ayurveda," David Frawley

"Revolution from Within," Gloria Steinem

"Science of Breath," Swami Rama, Rudolph Ballentine and Alan Hymes

"The Alchemist," Paulo Coelho

"The Education of Little Tree," Forrest Carter

"The Reluctant Shaman," Kay Cordell Whitaker

"Tracker: The True Story of Tom Brown Jr.," as told to William Jon Watkins

"Yoga for Wellness," Gary Kraftsow

DVDs

"Baby and Mom Yoga," Gurmukh Khalsa

"Embodying Spirit," Ana Forrest

"Strength and Spirit," Ana Forrest

"The Razor's Edge," (the Bill Murray version)

"The Pleasure of Strength" Ana Forrest"