

Suggested Reading List
Diana Woodall www.agoodstretch.com

Yoga the Iyengar Way Silva, Mira and Shyam Mehta

Comprehensive workbook on the Iyengar approach to asana

How to Use Yoga by Mira Mehta (contains a 10 week sample course)

The New Yoga for People Over 50 and The Wisdom of Menopause by Suza Francina. The first book has lots of photos of “real people” doing yoga in their 60’s, 70’s and 80’s. Don’t wait until you’re 50 to look at it. Suza’s second book has stories from many well-known yoga teachers about their transition thru menopause as well as sequences to practice.

The New Yoga for Healthy Aging also by Suza Francina, 2007

The Women’s Yoga Book by Bobby Clennell, 2007. Many sequences, nicely illustrated by the author, for all phases of a woman’s monthly cycle.

The Women’s Book of Yoga and Health Linda Sparrowe and Patricia Walden, 2002

Yoga: A Gem for Women Geeta Iyengar, 1990

Yoga Mind, Body and Spirit, “A return to Wholeness” by Donna Farhi. “For students of all levels and traditions.” Donna began with Iyengar yoga but then developed her own style, incorporating more work with the breath and internal organs.

Yoga for Arthritis, 2008 and Yoga for Osteoporosis, 2010

Both by Loren Fishman, MD and Ellen Saltonstall

Yoga and the Quest for the True Self By Stephen Cope. Cope writes about how yoga changes the lives of real people--not just on the mat

Light on Yoga by BKS Iyengar. The classic, first published in 1966. Good reference.