



The following books are required for the Invoke 200-hour Yoga Teacher Training course. Please note that they are not included in the cost of your tuition. Some can be purchased at Invoke, others can be found online.

The Yoga Sutras of Patanjali

- translation and commentary by Sri Swami Satchidinanda

The Heart of Yoga, Developing a Personal Practice

- T. K. V. Desikachar

Yoga Mind, Body & Spirit

- Donna Farhi

Yoga Body, Buddha Mind

- Cyndi Lee

The Key Muscles of Hatha Yoga

- Ray Long, MD
- Available at http://www.bandhayoga.com/order_book.html

Suggested Reading List

Light on Yoga

- B.K.S. Iyengar

Hatha Yoga Pradipika

Bhagavad Gita