

## **Ravvi's School of Yoga**

### **Recommended reading**

- Hatha yoga Pradipika – Swami Swatmaram
- Yoga vedanta dictionary – Swami Sivananda
- Light on Yoga – B.K.S.Iyenger
- Asana pranayama mudra bandha - Swami Satyananda Saraswati
- Sivananda Yoga – Swami Vishnudevananda
- Light on Pranayama – B.K.S.Iyenger
- Complete illustrated book on yoga – Swami Vishnudevananda
- Yoga Nidra – Swami Satyananda Saraswati
- Sankya Darshan – Swami Niranjananda Saraswati
- Kundalini Yoga – Swami Sivananda
- Dhyana Yoga – swami Sivananda
- Four chapters of freedom – Swami Satyananda Saraswati
- Patanjali yoga sutra – Dr. P.V.Karambelkar
- Yogic management of common disease – Swami Karmananda
- Health and Yoga – Swami Adhyatmananda
- Practical yoga psychology – Dr. Rishi Vivekananda
- Yoga and cardiovascular management – Swami Satyananda Saraswati
- Autobiography of a yogi – Parmhansa Yogananda
- Anatomy of hatha yoga – H. David Coulter
- The language of yoga – Nicolai Bachman

- The yoga bible – Christina Brown

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