

Tias' Recommended Reading List:

ANATOMY

Atlas of Human Anatomy, by Frank Netter
The Endless Web, by Louis Shultz and Rosemary Feitis
The Heart of Listening Volume 2, by Hugh Milne
Rolfing: The Integration of Human Structures, By Ida Rolf
Anatomy Trains, by Tom Meyers
Somatics, by Thomas Hanna
Sensing, Feeling and Action, by Bonnie Bainbridge Cohen
Waking the Tiger, by Peter Levine
Cranial-Sacral Therapy, by Upledger and Vredevoogd
The Anatomy of the Female Pelvis, by Blandine Calais-Germain
Eastern Body, Western Mind, by Anodea Judith
Moola Bandha The Master Key, Bihar School of Yoga, by Swami Buddhananda
Job's Body, Deane Juhan

PHILOSOPHY

Rg. Veda, translated by Wendy Doniger O'Flaherty
The Bhagavad Gita in the Mahabharata, translated by Van Buitenen
Light on the Yoga Sutras, by B.K.S Iyengar
The Principal Upanishads, translated by S. Radhakrishnan
The Siva Samhita, translated by Rai Bahadur Srisa Chandra Vasu
Zen Mind/Beginner's Mind, by Shunryu Suzuki
Myths and Symbols in Indian Art and Civilization, by Heinrich Zimmer, edited by Joseph Campbell
Hatha Yoga Pradipika, From Bihar School of Yoga, Commentary and translation by Saraswati
Yoga, Immortality and Freedom, by Mircae Eliade
The Tantra Way, by Ajit Mookerjee and Madhu Khanna
The Yoga of Delight, Wonder and Astonishment, the Vijnanabhairava, translated by Jaideva Singh
Rainbow Painting by Tulku Ugyen Rinpoche
Fearless Simplicity, by Tsoknyi Rinpoche
The Triadic Heart of Siva, by Paul Eduardo Muller-Ortega
Infinite Circle Teachings in Zen, by Bernie Glassman
The Zen Doctrine of No-Mind, by D.T. Suzuki
The Zen Teaching of Huang Po—On the transmission of Mind, Translated by John Blofeld
Cultivating The Empty Field, The Silent Illumination of Zen Master Hongzhi, translated by Taigen Daniel Leighton
The Wisdom of No Escape, by Pema Chodron
When Things Fall Apart, by Pema Chodron
Nothing Special: Living Zen, Joko Beck
Cutting Through Spiritual Materialism, Chogyam Trungpa Rinpoche
The Book of Chuang Tzu, by Martin Palmer
Buddhism Without Beliefs, by Stephen Batchelor
Verses from the Center, by Stephen Batchelor
Siddhartha, by Hermann Hesse
Calm and Clear, by Lama Mipham (Dharma Publishing)

My Secret is Silence, by Adyashanti
Awakening the Buddha Within, by Lama Surya Das
The Breath of God, by Swami Chetananda
Small Boat, Great Mountain, by Amaro Bhikku
The Yoga Sutra of Patanjali, by Chip Hartranft
The Yoga Sutra of Patanjali, Georg Feuerstein
The Science of Yoga, by IK Taimni

POETRY

News of the Universe, Collection by Robert Bly
Open Secret, Verses of Rumi, translated by Coleman Barks
Four Quarters, T.S. Eliot
House of Light, by Mary Oliver
Letters to a Young Poet, by Rainer Maria Rilke
Collected Poems, by Wendell Berry
Where Many Rivers Meet, by David Whyte
Songs for Coming Home, by David Whyte
Self-Portrait in a Convex Mirror, by John Ashbery
Poems New and Collected, by Wislawa Szymborska
Open Secret, Versions of Rumi, by John Moyne and Coleman barks

YOGA

The Iyengar Way, by Silva Metha
The Tree of Yoga, BKS Iyengar
Light on Pranayama, BKS Iyengar
The Heart of Yoga, TKV Desikechar
Health Healing and Beyond, by TKV Desikachar
Yoga Mala, by K. Pattabhi Jois
Light on Yoga, by BKS Iyengar