

## Recommended Books

### Yoga, Meditation, Breath, Body

**Awakening the Spine by Vanda Scaravelli**

**Notes on Yoga by Diane Long and Sophy Hoare**

**Like a Flower by Sandra Sabatini**

**Breath by Breath by Sandra Sabatini**

**Understanding yoga from the inside by Orit Sen-Gupta**

**Anatomy of Movement by Blandine Calais-Germain**

**Albinus on Anatomy**

**The Body Has its Reasons by Therese Betherat**

**The Original Body by John Stirk**

**Touching Enlightenment by Reginald Ray**

**Bone, Breath, Gesture edited by Don Hanlon Johnson**

**The Thinking Body by Mabel Todd**

**Touching Enlightenment by Reginald Ray**

**The Awakening Body by Reginald Ray**

**There are no Secrets by Wolf Lowenthal**

### Poetry

**The Collected Poems of Kathleen Raine**

**This Day by Wendell Berry**

**Rilke's Book of Hours**

**Very Inspiring**

**And There was Light by Jaques Lusseyran**

**An Interrupted Life, The Diaries and Letters of Etty Hillesum**