

Pink Lotus Yoga Professional Yoga and Teacher Training Recommended Viewing and Reading Materials

Films

Naked in Ashes: Young man's journey into the Himalayas and yoga initiation

Origins of Yoga: Quest for the Spiritual: Featuring Georg Feuerstein and yogis in India
Ashtanga, NY: Pattabhi Jois and family in NYC the week of 9/11.

Y Yoga: Filmmaker takes up yoga the week of 9/11 and falls in love with it.

Yoga Unveiled: Introduction to the deeper dimensions of yoga, especially the history and philosophy of yoga that often gets neglected.

Awaken: The teachings of Parmahansa Yogananda in the U.S.

Gandhi: Academy-Award-winning film of Gandhi's historic work.

The Soul of India: Give some very good insight into Mother India, the birthplace of yoga.

Breath of the Gods: The teachings of Krishnamacharya and his lineage.

Who Owns Yoga? Film looking into the commerce of the multi-billion dollar industry

Yoga, Inc.: Journey through the big business of yoga.

Yoga Is: A woman's yoga journey while coming to terms with her mother's death from cancer.

Enlighten Up!: A skeptic's journey into the wide world of yoga.

Kumare: Filmmaker disguises himself as a yoga guru.

Yoga Woman: Considers why yoga is now primarily practiced by women. (MC note: film is strangely inaccurate; it fails to address facts of Indian yogins and the sorry commodification of yoga through expensive fashion and product bleaching)

Shortcut to Nirvana: Features the Kumbha Mela, the largest religious festival in the world, which happens every year in India.

Sita Sings the Blues: This is a brilliant, funny and ironic modern re-telling of the ancient Hindu epic The Ramayana.

Titans of Yoga: A good introduction to some of the major figures on the contemporary yoga scene.

10 Questions for the Dalai Lama.

Ayurveda: The Art of Being: Explore Ayurveda, the sister science of yoga, as it has been traditionally practiced in India for centuries.

Fierce Grace: film about the life and work of Ram Dass, author of the famous book *Be Here Now*.

I Am: Famous filmmaker digs deeply into the question of individual identity and belonging.

Avatar: Explores our connection to the cosmos.

Bagger Vance: The re-telling of *The Bhagavad Gita*

Joseph Campbell interviews with Bill Moyers.

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Books

The Subtle Body by Stephanie Syman

The Autobiography of a Yogi by Paramahansa Yogananda

The Bhagavad Gita by Stephen Mitchell (translator)

Yoga and the Quest for the True Self by Stephen Cope

The Wisdom of Yoga: A Seeker's Guide to Extraordinary Living by Stephen Cope

The Untethered Soul by Michael Singer

You Can Change Your Life by Louise Hay

When Things Fall Apart by Pema Chodron

Light on Life: The Yoga Journey to Wholeness, Inner Peace, and Ultimate Freedom by
B.K.S. Iyengar

Living Your Yoga: Finding the Spiritual in Everyday Life by Judith Hanson Lasater

The Yoga Tradition: Its History, Literature, Philosophy and Practice by Georg Feuerstein