



# Yoga in Denali Reading List



## Suggested Pre-Course Reading List

- *Ashtanga Yoga - The Practice Manual* by David Swenson
- *Autobiography of a Yogi* by Paramahansa Yogananda
- *The Joy of Living: Unlocking the Secret and Science of Happiness* by Eric Swanson and Yongey Mingyur Rinpoche
- *One Simple Thing: A New Look at the Science of Yoga and How It Can Transform Your Life* by Eddie Stern