



Himalayan Yoga Tradition Basic Reading List

- 1) **Living with the Himalayan Masters** by Swami Rama.
- 2) **Meditation and its Practice** by Swami Rama.
- 3) **The Royal Path: Practical Lessons on Yoga** by Swami Rama.
- 4) **Night Birds** by Swami Veda Bharati.
- 5) **Superconscious Meditation** by Swami Veda Bharati.
- 6) **Mantra and Meditation** by Swami Veda Bharati.
- 7) **Philosophy of Hatha Yoga** by Swami Veda Bharati.

(You can find these and other books as well as audio lectures and guided practices at Himalayan Yoga Publications Trust: www.yogapublications.org)