



Himalayan Yoga Tradition Next Steps Reading List

- 1) **Science of Breath** by Swami Rama.
- 2) **Path of Fire and Light Vol 2** by Swami Rama.
- 3) **Art of Joyful Living** by Swami Rama.
- 4) **A Practical Guide to Holistic Health** by Swami Rama.
- 5) **The Perennial Psychology of the Bhagavad Gita** by Swami Rama.
- 6) **Yoga and Psychotherapy** by Swami Rama, Rudolph Ballentine and Swami Ajaya.
- 7) **Choosing a Path** by Swami Rama.
- 8) **Meditation and the Art of Dying** by Swami Veda Bharati.
- 9) **Sacred Journey** by Swami Rama.

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