

AANBEVOLEN BOEKENLIJST TEACHER TRAINING

Hieronder vind je een overzicht van de boeken die we aanraden m.b.t. de 200 uren Teacher Training met Joachim Meire. Je bent niet verplicht om deze boeken aan te kopen. Deze boekenlijst dient dus enkel om jezelf verder te verdiepen in de materie. Tijdens de opleiding krijg je elke les hand-outs met alle noodzakelijke theoretische informatie. Als je voor de opleiding al één boek wilt lezen, ga dan voor het boek 'Eerlijk over Yoga' van William Broad.

Asanas

Yoga Resource by Darren Rodhes (Ebook)

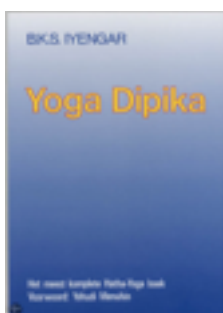
<http://www.yogaresourceebook.com>



The Yoga Resource Practice Manual eBook is a comprehensive guide for yoga practitioners of all levels. All rolled into one, it is a reference manual, an instruction guide, a photo library, and a collection of Darren Rhodes' personal anecdotes from over two decades of practice and more than a decade of teaching.

Yoga dipika (licht op yoga) door B.K.S Iyengar

<http://www.bol.com/nl/p/yoga-dipika/666783663/>

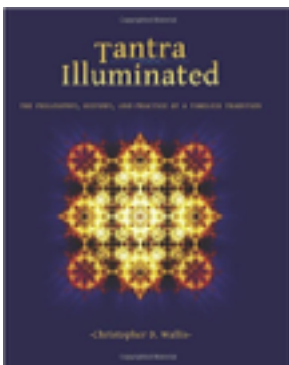


Iyengar (1918-2014) wordt zowel in India als in het westen beschouwd als één van de belangrijkste yogaleraren. Zijn boek is dan ook het meest complete Hatha Yoga boek dat ooit verschenen is. In meer dan 400 pagina's en 600 foto's geeft hij een zeer exacte beschrijving van de 200 verschillende houdingen. Bovendien geeft hij van elke āsana de historische achtergrond en de medische en therapeutische uitwerking ervan.

Yoga Filosofie en geschiedenis

Tantra Illuminated by Christopher Wallis (ook via I-tunes als e-book verkrijgbaar)

http://www.amazon.co.uk/Tantra-Illuminated-Philosophy-Practice-Tradition/dp/0989761304/ref=sr_1_1?ie=UTF8&qid=1393798806&sr=8-1&keywords=christopher+wallis

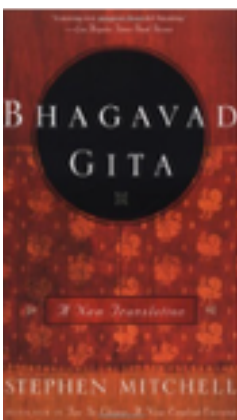


Tantra Illuminated takes the reader on a fascinating journey to the very heart of Tantra: its key teachings, foundational lineages, and transformative practices. Since the West's discovery of Tantra 100 years ago, there has been considerable fascination, speculation, and more than a little misinformation about this spiritual movement. Now, for the first time in the English language, Tantra Illuminated presents an accessible introduction to this sacred tradition that began 1,500 years ago in the far north of India.

Using translations from primary Sanskrit sources and offering a profound look at spiritual practice, this book reveals Tantra's rich history and powerful teachings.

Bhagavad Gita by Stephen Mitchell

http://www.amazon.co.uk/Bhagavad-Gita-Translation-TRANSLATION-Aug-27-2002/dp/B00EEX8XWG/ref=sr_1_2?ie=UTF8&qid=1393799549&sr=8-2&keywords=bhagavad+gita+Stephen+Mitchell



Stephen Mitchell is widely known for his ability to make ancient masterpieces thrillingly new, to step in where many have tried before and create versions that are definitive for our time. Stephen Mitchell now brings to the Bhagavad Gita his gift for breathing new life into sacred texts. The Bhagavad Gita is universally acknowledged as one of the world's literary and spiritual masterpieces. It is the core text of the Hindu tradition and has been treasured by American writers from Emerson and Thoreau to T. S. Eliot, who called it the greatest philosophical poem after the *Divine Comedy*. There have been more than two hundred English translations of the Gita, including many competent literal versions, but not one of them is a superlative literary text in its own right. Now all that has changed. Stephen Mitchell's *Bhagavad Gita* sings with the clarity, the vigor, and the intensity of the original Sanskrit.

Eerlijk over Yoga door William Broad

<http://www.bol.com/nl/p/eerlijk-over-yoga/9200000010167558/>

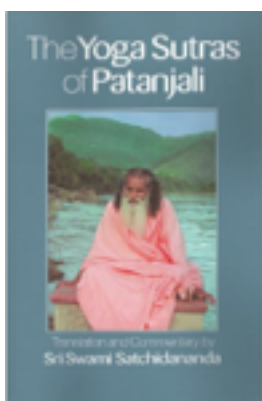


Eerlijk over yoga is voor iedereen die zich ooit heeft afgevraagd of het een goed idee is om op je hoofd te balanceren, of je met yoga een depressie kunt bestrijden en hoe het nou precies zit met die tantrische seks. Kortom, verplichte kost voor de geïnteresseerde yogabeoefenaar en iedereen die overweegt ermee te beginnen!

William J. Broad is wetenschapsjournalist bij The New York Times en al veertig jaar fanatiek yogabeoefenaar. Voor zijn werk ontving hij meerdere onderscheidingen, waaronder een Emmy Award en twee Pulitzer-prijzen

Yoga Sutra of Patanjali by Swami Satchidananda

http://www.amazon.de/Yoga-Sutras-Patanjali-Swami-Satchidananda/dp/1938477073/ref=sr_1_1?ie=UTF8&qid=1394703891&sr=8-1&keywords=sutra+patanjali

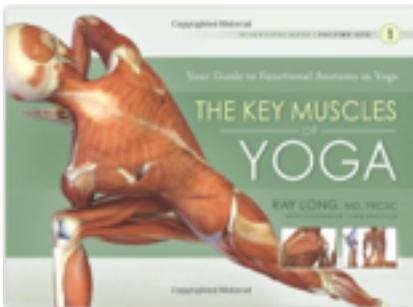


This valuable book provides a complete manual for the study and practice of Raja Yoga, the path of concentration and meditation. This new edition of these timeless teachings is a treasure to be read and referred to again and again by seekers treading the spiritual path. The Sutras are presented here in the purest form, with the original Sanskrit and with translation, transliteration, and commentary by Sri Swami Satchidananda, one of the most respected and revered contemporary Yoga masters. In this classic context, Sri Swamiji offers practical advice based on his own experience for mastering the mind and achieving physical, mental and emotional harmony.

Anatomie

Key Muscles of Yoga: Your Guide to Functional Anatomy in Yoga (Scientific Keys)

http://www.amazon.co.uk/Key-Muscles-Yoga-Functional-Scientific/dp/1607432382/ref=sr_1_2?ie=UTF8&qid=1394704029&sr=8-2&keywords=yoga+anatomy

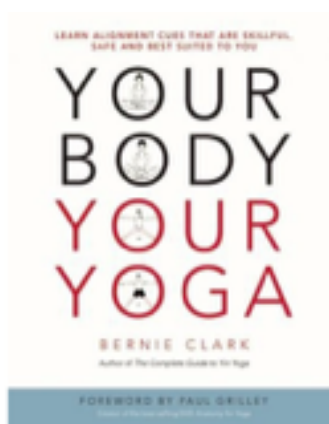


This book offers a scientific approach to understanding the practice of hatha yoga. Through four-colour, three-dimensional illustrations of major muscles, tendons, and ligaments, Ray Long describes the practice and benefits of hatha yoga. Specific anatomical and physiological descriptions highlight the agonist, antagonist, and synergist muscles that come into play with each pose.

Volume I of the series describes the key muscles of hatha yoga and how they are utilised. From beginners to experts, this book will become a constant companion.

Your Body, Your Yoga by Bernie Clark

<https://www.bol.com/nl/p/your-body-your-yoga/9200000054726682/?country=BE&suggestionType=suggestedsearch>



Your Body, Your Yoga goes beyond any prior yoga anatomy book available. It looks not only at the body's unique anatomical structures and what this means to everyone's individual range of motion, but also examines the physiological sources of restrictions to movement. Two volumes are provided in this book: Volume 1 raises a new mantra to be used in every yoga posture: What Stops Me? The answers presented run through a spectrum, beginning with a variety of tensile resistance to three kinds of compressive resistance. Examined is the nature of muscles, fascia, tendons, ligaments, joint capsules, bones and our extracellular matrix and their contribution to mobility. The

shape of these structures also defines our individual, ultimate range of movement, which means that not every body can do every yoga posture. The reader will discover where his or her limits lie, which dictates which alignment cues will work best, and which ones should be abandoned. Volume 2 will take these principles and apply them to the lower body, examining the hip joint, the knee, ankle and foot, and will present how your unique variations in these joints will show up in your yoga practice.