



## ***Required and Recommended Materials***

<b>Training</b>	<b>Required Materials</b>	<b>Recommended Materials</b>
<b>Level 1</b>	<a href="#">Beth Shaw's YogaFit</a> , 3rd Edition	Yoga Strap, Block
<b>Level 2</b>	<a href="#">Yamas and Niyamas</a> by Deborah Adele	
<b>Level 3</b>	<a href="#">The Chakra Bible: The Definitive Guide to Working with Chakras</a> by Patricia Mercier	<a href="#">Pathways to Joy</a> by Swami Vivekananda and Dave Deluca
<b>Level 4</b>	<a href="#">The Living Gita</a> by Sri Swami Satchidananda: <a href="#">The Yoga Sutras of Patanjali</a> by Sri Swami Satchidananda and <a href="#">The Language of Yoga</a> by Nicolai Bachman	<a href="#">Strap, Pathways to Joy</a> by Swami Vivekananda and Dave Deluca, Journal
<b>Level 5</b>	<a href="#">Your Body Speaks Your Mind</a> by Deb Shapiro	Journal
<b>Advanced Ayurveda</b>	<a href="#">Ayurveda, Natures Medicine</a> by David Frawley	Please click <a href="#">here</a> for the list of additional required materials for this training
<b>Advanced Sequencing</b>	2 Blocks, towel	

<b>Anatomy &amp; Alignment</b>	<a href="#">Key Muscles of Yoga by Ray Long, MD</a>	<a href="#">Anatomy DVD; Anatomy &amp; Asana</a> by Susi Hatley Aldous
<b>Anatomy &amp; Alignment II</b>	<a href="#">Key Poses of Yoga by Ray Long, MD</a>	<a href="#">Anatomy &amp; Asana</a> by Susi Hatley Aldous
<b>Ayurveda I</b>	<a href="#">Yoga and Ayurveda - Self-healing and Self-Realization by David Frawley</a>	<a href="#">Yoga for your Type - An Ayurvedic Approach to Your Asana Practice</a> by Dr. David Frawley and Sandra Summerfield Kozak M.S.
<b>Ayurveda II</b>	<a href="#">Ayurveda - The Science of Self-Healing (A practical Guide)</a> by Dr. Vasant Lad	<a href="#">Yoga for your Type - An Ayurvedic Approach to Your Asana Practice</a> by Dr. David Frawley and Sandra Summerfield Kozak M.S.
<b>BiofieldTuning</b>	<a href="#">Tuning the Human Biofield: Healing with Vibrational Sound Therapy</a> by Eileen Day McKusick. 144 Hz weighted tuning fork. Any brand is fine, but we strongly recommend this one: ( <a href="https://biofieldtuningstore.com/collections/tuning-forks/products/144-hz-weighted-tuning-fork">https://biofieldtuningstore.com/collections/tuning-forks/products/144-hz-weighted-tuning-fork</a> ). 174 Hz tuning fork. Any brand is fine, but we strongly recommend this one: ( <a href="https://biofieldtuningstore.com/collections/tuning-forks/products/174-hz-unweighted-tuning-fork">https://biofieldtuningstore.com/collections/tuning-forks/products/174-hz-unweighted-tuning-fork</a> ). 1 Tibetan singing bowl (any is fine).	<i>Human Tuning: Sound Healing with Tuning Forks</i> by John Beaulieu. Solfeggio Tuning Forks ( <a href="https://www.healingsounds.com/product/holy-harmony-tuning-forks/">https://www.healingsounds.com/product/holy-harmony-tuning-forks/</a> ). <i>Marma Points of Ayurveda</i> by Vasant Lad.
<b>Biomedical Aspects of Yoga Therapy</b>	<a href="#">Anatomy of Hatha Yoga</a> with David Coulter	
<b>Covid Recovery</b>		
<b>Expanding Consciousness</b>	<a href="#">The Divine Matrix</a> by Gregg Braden Yoga Mat, Yoga Blanket, and Pillow	<a href="#">Biology of Belief</a> by Bruce Lipton; <a href="#">The Subtle Body</a> by Cyndi Dale
<b>Healing Emotional and Physical Trauma Training</b>	<a href="#">Overcoming Trauma through Yoga: Reclaiming Your Body</a> by David Emerson and Elizabeth Hopper; <a href="#">Healing Trauma with Yoga</a> by Beth Shaw; 2 blocks or <a href="#">eggs</a> , blanket	<a href="#">The Body Keeps the Score</a> by Bessel van der Kolk, MD

<b>Holistic Nutrition and Yoga</b>		<a href="#">Ayurveda Beginner's Guide: Essential Ayurvedic Principles and Practices to Balance and Heal Naturally</a> by Susan Weis-Bohlen; Ayurvedic Cooking for Self Healing Paperback by Usha Lad Vasant Lad; Digital Textbook noted in the description
<b>Integrating Mudras into Practice</b>	<a href="#">Mudras for Healing and Transformation</a> by Joseph Le Page	<a href="#">The Subtle Body</a> by Cyndi Dale, <a href="#">Mudras: Yoga in Your Hands</a> by Gertrud Hirschi
<b>Kids</b>	<a href="#">YogaFit Kids Cards</a>	
<b>Meditation and Mindfulness</b>		Meditation cushion, two blocks, blanket
<b>PilatesFit</b>		
<b>Positive Psychology</b>	<a href="#">Before Happiness</a> by Shawn Achor	<a href="#">Way of the Peaceful Warrior</a> by Dan Millman
<b>Pranayama</b>	<a href="#">The Yoga of Breath: A Step by Step Guide to Pranayama</a> by Richard Rosen	Light on Pranayama, by BKS Iyengar
<b>Prenatal/ Postpartum</b>	Pillow	Strap, block, Prenatal DVD
<b>Props</b>	Yoga Mat, Block, 10-foot Strap OR Therapy Strap	Blanket and Bolster
<b>Recovery Coaching Essentials</b>	<a href="#">Rewired</a> by Erica Spiegelman	<a href="#">The Heart of Laser Focused Coaching</a> by Marion Franklin
<b>Reiki 1 &amp; 2</b>	Yoga mat, blanket, 2 blocks or eggs, bolster	The Original Reiki Handbook of Dr. Mikao Usui Reiki The Healing Touch by William Lee Rand
<b>Reiki Foundations</b>	Yoga mat, blanket, 2 blocks or eggs Empowerment through Reiki: The Path to	Bolster Mastering Your Hidden Self: A Guide to the Huna Way by Serge Kahili King Heal Your Body by Louise Hay

	Personal and Global Transformation by Paula Horan	
<b>Restorative</b>	Bolster, block, 10 foot restorative strap or Seniors strap, eye pillow, yoga mat; Relax & Renew by Judith Lassiter	<a href="#">Chakra Balancing Kit</a> by Anodea Judith
<b>Restoring Balance: Training the Parasympathetic Nervous System (PNS)</b>	Accessing the Healing Power of the Vagus Nerve: Self-Help Exercises for Anxiety, Depression, Trauma, and Autism by Stanley Rosenberg; 2 eggs or 2 blocks, 1 blanket	Essential Emotions: Your Guide to Process, Release, and Live Free (Current edition) and Essential Emotions Wheel; HRV Monitor Such as Inner Balance or Apple watch
<b>Seniors</b>	Therapy strap, block	<a href="#">Seniors DVD</a>
<b>Somatosensory Yoga</b>	<a href="#">The Extended Mind: The Power of Thinking Outside the Brain</a> by Annie Murphy Paul , <a href="#">Naboso Neuroball</a> save 10% with code YOGAFIT at checkout at naboso.com	
<b>Somatosensory Yoga 2</b>	<a href="#">Better in Every Sense: How the New Science of Sensation Can Help You Reclaim Your Life</a> by Norman Farb PhD and Zindel Segal PhD	<a href="#">Naboso Neuroball</a> save 10% with code YOGAFIT at checkout at naboso.com.
<b>Sound and Mantra Healing</b>	<a href="#">Healing Mantras</a> by Thomas Ashley-Farrand	<a href="#">The Language of Yoga</a> by Nicholai Bachman
<b>Stand Up Paddle Board Training</b>		
<b>Teen Mental Health</b>	<a href="#">Brainstorm: The Power and Purpose of the Teenage Brain</a> Paperback -by Daniel-Siegel	
<b>Thai Energy</b>	Pillow, blanket	
<b>The Art of Storytelling</b>	<a href="#">Theme Weaver</a> by Michelle Marchildon; <a href="#">Myths of the Asanas</a> by Alanna Kaivalya	
<b>Therapeutic Yoga for the Upper and Lower Extremities</b>	2 blocks, strap	

<b>Therapeutic Application of the Koshas</b>	"The Sacred Science of Yoga & The Five Koshas" by Christopher Sartain	
<b>Therapeutic Applications of Sound and Mantra</b>	<a href="#">Sound Medicine: How to Use the Ancient Science of Sound to Heal the Body and Mind</a> by Kulreet Chaudhary, MD., Healing Mantras by Thomas Ashley-Farrand (required in Sound & Mantra). 1 sound bowl (C preferred), 1 weighted tuning fork (144 Hz preferred), 1 unweighted tuning fork (174 Hz preferred)	
<b>Therapeutic Applications of Yoga Nidra</b>	1-2 Blankets/Bolsters, 1 hand towel, Yoga Nidra 1-day Training Manual	Additional props as needed for comfort
<b>Warrior Kids</b>	<a href="#">The Body Keeps the Score</a> by Bessel Van der Kolk, <a href="#">Trauma through a Child's Eyes</a> by Peter Levine	
<b>Working with Chakras</b>	<a href="#">The Chakra Bible: The Definitive Guide to Working with Chakras</a> by Patricia Mercier	
<b>Yin Yoga</b>	<a href="#">The Complete Guide to Yin Yoga</a> by Bernie Clark	<a href="#">Insight Yoga by Sarah Powers</a> ; Grilley, Paul (2004) <a href="#">Anatomy for Yoga</a> [video]. Pranayama LLC; Grilley, Paul (2014) <a href="#">Yin Yoga with Paul Grilley</a> [video]. Pranayama LLC
<b>Yoga for ADD/ADHD and the Autism Spectrum</b>	<a href="#">Scattered Minds: The Origins and Healing Of Attention Deficit Disorder</a> by Gabor Mate	
<b>Yoga for Fit and Focused (Yoga in the Classroom)</b>	<a href="#">The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind</a> by Daniel J. Siegel	
<b>Yoga for Grief and Loss</b>	" <a href="#">Healing through Yoga</a> " by Paul Denniston, " <a href="#">It's OK That You're Not OK</a> " by Megan Divine	
<b>Yoga Nidra</b>	1-2 Blankets/Bolsters, 1 hand towel	<a href="#">Yoga Nidra</a> by Swami Satananda Saraswati, additional blankets or blocks for comfort
<b>Yoga Therapy for Nervous System Disorders</b>	<a href="#">The Principles and Practice of Yoga In Healthcare</a> by Sat Bir Singh Khalsa, Lorenzo Cohen, Timothy McCall, & Shirley Telles	<a href="#">Quantum Healing</a> by Deepak Chopra

<b>Yoga Therapy Lab</b>	<a href="#">Body Reading: Visual Assessment and the Anatomy Trains</a> by Thomas Myers	Your favorite yoga Philosophy texts for reference
<b>YogaBack</b>		<a href="#">Basics and Back Health DVD</a>
<b>YogaFit Dream Yoga</b>	<a href="#">Dream Yoga</a> by Andrew Holecek	Journal or <a href="#">The Lucid Dreaming Workbook by Andrew Holecek</a>
<b>YogaFit for Addiction and Recovery</b>	<a href="#">Recovery 2.0</a> by Tommy Rosen	<a href="#">In the Realm of Hungry Ghosts</a> by Gabor Mate
<b>YogaFit for Athletes</b>	<a href="#">The YogaFit Athlete</a> by Beth Shaw, Beth Shaw's <a href="#">YogaFit</a> , 3rd Edition, strap	tennis ball
<b>Yoga for Balancing Moods</b>	<a href="#">Yoga for Depression</a> by Amy Weintraub, <a href="#">Yoga Skills for Therapists</a> by Amy Weintraub; <a href="#">Healing Trauma with Yoga</a> by Beth Shaw	2 blocks or eggs, 1 blanket
<b>YogaFit for Cancer Care</b>	Yoga Therapy Across the Cancer Care Continuum" by Leigh Leibel and Anne; 2 blocks, or eggs; 1 -2 blankets; strap	<a href="#">ACSM's Guide to Exercise and Cancer Survivorship edited by Melissa Irwin.</a>
<b>YogaFit for Caregivers</b>	<a href="#">I am Here: The Healing Journey of Caregiving</a> by Kevin Sharpe	<a href="#">Breath of Relief</a> by Karl La Rowe
<b>YogaFit for Chronic Pain</b>	<a href="#">Yoga and Science in Pain Care</a> edited by Neil Pearson, Shelly Prosko and Marlysa Sullivan	<a href="#">Your Body Speaks Your Mind</a> by Deb Shapiro, 1-2 blankets
<b>Yoga for Diabetes Management</b>	The Principles and Practice of Yoga In Healthcare by Sat Bir Singh Khalsa, Lorenzo Cohen, Timothy McCall, & Shirley Telles	<a href="#">Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain</a> by Kelly McGonigal, MD
<b>Yoga for the Face, Head, and Neck</b>	<i>The Book of Lymph: Self-Care Practices to Enhance Immunity, Health, and Beauty:</i> <a href="https://amzn.to/4jL2FtZ">https://amzn.to/4jL2FtZ</a>  <i>Ayurveda and Marma Therapy: Energy Points in Yogic Healing</i> (this is used in the Advanced Ayurveda training also): <a href="https://amzn.to/3YzSEHQ">https://amzn.to/3YzSEHQ</a>	
<b>YogaFit for Sleep</b>	<a href="#">Wake Up to Sleep</a> by Charlie Morley	<a href="#">Why We Sleep</a> by Matthew Walker, Yoga Blocks
<b>YogaFit for the Change: From PMS to Menopause</b>		<a href="#">Pelvic Liberation: Using Yoga, Self-Inquiry, and Breath Awareness for Pelvic Health</a> by Leslie Howard; <a href="#">Meditation as Medicine: Activate the Power of your Natural Healing Force</a> by Khalsa and Stauth; bolster

<b>Yoga for the Heart</b>	The Principles and Practice of Yoga In Healthcare by Sat Bir Singh Khalsa, Lorenzo Cohen, Timothy McCall, & Shirley Telles	Advanced Chakra Healing; A Four Pathways Approach by Cyndi Dale
<b>Yoga for Improved Pelvic Floor Performance</b>	Yoga mat, strap, 2 blocks or eggs, colored pencils	Pelvic Liberation by Leslie Howard, Meditation as Medicine: Activate the Power of your Natural Healing Force by Khalsa and Stauth; Bolster
<b>Yoga for Intergenerational and Collective Trauma</b>	<a href="#">Healing Collective Trauma: A Process for Integrating Our Intergenerational and Cultural Wounds</a> by Thomas Hubl	
<b>YogaFit for Injury Prevention and Recovery</b>	<a href="#">The YogaFit Athlete</a> by Beth Shaw	
<b>Yoga for Mild Cognitive Impairment</b>	<a href="#">Supporting Mild Cognitive Impairment with Yoga</a> , by Jenn Tarrant <a href="#">Naboso Neuroball</a> save 10% with code YOGAFIT at checkout at naboso.com	
<b>Yoga for Parkinsons</b>		
<b>YogaFit for Personal Trainers</b>		
<b>YogaFit for Warriors</b>	<a href="#">In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness.</a> <a href="#">Healing Trauma with Yoga: Go From Surviving to Thriving with Mind-Body Techniques</a>	<a href="#">2 blocks or 2 eggs</a>
<b>YogaFit Fusion</b>		
<b>YogaFit Healthcare I: Assessing the Physical Body</b>	<a href="#">Yoga as Medicine</a> by Timothy McCall, Foam Roller (18" or 36"), Block, Strap	<a href="#">Your Body Speaks your Mind</a> by Deb Shapiro; 2 <a href="#">blocks</a>
<b>YogaFit Healthcare II: Examining the Subtle Body</b>	The Subtle Body: An Encyclopedia of Your Energetic Anatomy by Cyndi Dale; <a href="#">Mudras for Healing and Transformation by Joseph and Lilian Le Page</a> ; <a href="#">Chakra Yoga by Anodea Judith</a>	<a href="#">Your Body Speaks your Mind</a> by Deb Shapiro; Watch video "What the Bleep do we know" prior to training

<b>YogaFit Healthcare III: Designing the Protocol</b>	<a href="#">The Principles and Practices of Yoga Health Care</a> , edited by Sat Bir Khalsa, Lorenzo Cohen, Timothy McCall, and Shirley Telles; <a href="#">Motivational Interviewing in Health Care</a> by Stephen Rollnick, William Miller and Christopher Butler	<a href="#">Yoga as Medicine</a> by Timothy McCall <a href="#">The Subtle Body: An Encyclopedia of Your Energetic Anatomy</a> by Cyndi Dale
<b>YogaFit Mommy and Baby Yoga</b>	Doll, or pillow to hold/work with during the training	

<b>YogaFit TaiChiFit</b>	Yoga Mat, Chair, Yoga Block	
<b>YogaFit YogaBarre</b>	<a href="#">Yoga mat, Yoga block or egg, minimum of 1 resistance band</a>	2-3 variations of strengths of <a href="#">Resistance Bands</a> , Resistance <a href="#">Loop bands</a> , <a href="#">Core Ball</a> , 1-3 pound dumbbells
<b>YogaLean Coaching Essentials</b>	<a href="#">Beth Shaw's YogaLean™</a>	
<b>YogaSweat</b>		Towel, change of clothes