

# Āyurvedic Yoga Book

## References and Further Reading

For those looking for some extra reading, or to find copies of some of the books referenced (and more – I've updated the list since 2019!), here you are! Enjoy ☺

### Āyurvedic-Yoga Books

Frawley, Dr. David. *Yoga & Ayurveda*. Twin Lakes: Lotus Press, 1999.

Frawley, Dr. David and Summerfield Kozak, Sandra. *Yoga for your Type*. Twin Lakes: Lotus Press, 2001.

Styles, Mukunda. *Ayurvedic Yoga Therapy*. Twin Lakes: Lotus Press, 2007.

### Āyurveda References

Alter, Divya. *What to Eat for How You Feel: 100 Seasonal Recipes*. New York: Rizzoli, 2017.

Brown, Christina. *The Ayurvedic Year*. North Adams: Storey Books, 2002.

Charaka + Sharma, Dr. Ram Karan and Dash, Vaidya Bhagwan (translations & commentaries by). *Caraka Saṃhitā*. Varanasi India: Chowkhamba Press, 2014.

Douillard, Dr. John. *The 3-Season Diet*. New York: Three Rivers Press, 2000.

Kripalu School of Āyurveda. *Kripalu School of Āyurveda – Foundations of Āyurveda Student Manual*. 2012.

Lad, Dr. Vasant. *Ayurveda – The Science of Self-Healing*. Twin Lakes: Lotus Press, 2009.

Lad, Dr. Vasant. *Textbook of Ayurveda Fundamental Principles Volume 1*. Albuquerque: The Ayurvedic Press, 2002.

O'Donnell, Kate. *The Everyday Ayurveda Cookbook*. Boston: Shambhala, 2015.

Svoboda, Dr. Robert. *Prakriti*. Twin Lakes: Lotus Press, 1998.

Vagbhata + Murthy, K R Srikantha. *Aṣṭāṅga Hṛdayam*. Varanasi India: Chowkhamba Press, 2013.

Vagbhata + Murthy, K R Srikantha. *Aṣṭāṅga Samgraha*. Varanasi India: Chowkhamba Orientalia, 2013.

Warner, Mona L. *Ayurveda's Three Pillars of Health*. Canada: Archangel Ink, 2019.

# Āyurvedic Yoga Book References and Further Reading

Welch, Dr. Claudia. *Balance Your Hormones, Balance Your Life*. Cambridge: Da Capo Press, 2011.

“The Elements and their Attributes.” *Vibrational Ayurveda* (website). June 19, 2018. <http://vibrationalayurveda.com/new-page-1/>.

## Yoga References

Ashley-Farrand, Thomas. *Healing Mantras*. New York: Random House, 1999.

Clark, Bernie. *Yinsights*. Vancouver BC, 2007.

Gran, Gary. “Ayurveda & Mantra, Part 2.” *Yoga Chicago* (website). July 13, 2018. <http://yogachicago.com/2014/03/ayurveda-mantra-part-2/>.

LePage, Joseph & Lilian. *Mudras for Healing and Transformation*. Sebastopol: Integrative Yoga Therapy, 2013.

Prabhavananda, Swami and Isherwood, Christopher. *How to Know God: The Yoga Aphorisms of Patanjali*. Hollywood: Vedanta Society, 1981.

Vishvketu, Yogrishi. *Yogasana – The Encyclopedia of Yoga Poses*. San Rafael: Mandala Publishing, 2015.

*Yoga Journal* (website). March 2018 to June 20, 2018, <http://www.yogajournal.com>.

## Sanskrit References

Bachman, Nicolai. *The Language of Āyurveda*. Canada: Trafford, 2010.

Bachman, Nicolai. *The Language of Yoga*. Boulder: Sounds True, 2004.