



Radiant Health Yoga® Teacher Training with COCC Professional Development



Required Materials

Below you will find a listing of the textbooks and Acutonics Tuning Forks required for your Yoga Teacher Training. You will also find some recommended items that are not necessary for you to purchase but might be of interest. You must read Donna Farhi's book Yoga Mind, Body & Spirit **before** the training begins. It is not necessary to read the other books cover to cover before the program starts but I do encourage you to become familiar with them.

Required Texts and Tuning Forks:

1. Yoga Mind, Body & Spirit by Donna Farhi
2. Yoga Anatomy, 2nd Edition by Leslie Kaminoff
3. Yoga Teachers Tool Box by Joseph & Lillian Le Page. To order, call (800) 750-9642 or visit www.iytyogatherapy.com
4. Acu-Yoga by Michael Reed Gache
5. Inside the Yoga Sutras by Reverend Jaganath Carrera
6. A pair of Acutonics Unison Middle Om Tuning forks (136 Hz) frequency. Forks can be purchased on-line from [Acutonics.com](http://www.acutonics.com) (website below). The forks are great tools for balancing the chakras, the meridian system and dissolving tension in tight muscles. This aspect of the training will enrich your skills and take your private sessions to a whole new level.

http://www.acutonics.com/catalog/product_info.php?cPath=1&products_id=4

Recommended Resources:

Anatomy for Yoga DVD with Paul Grilley (will be used in class—again, a great reference to have at home).

The True Path: Western Science and the Quest for Yoga by Roy J. Mathew, MD.

Bringing Yoga to Life by Donna Farhi.