Below is a listing of the books required for your Yoga Teacher Training. Below that, you’ll find recommended items which are not necessary for you to purchase but might be of interest.

If you prefer to purchase the books in person, they will be available from the COCC Bookstore, hopefully no later than the beginning of October. The Stephen Cope book, *Yoga and the Quest for the True Self*, is available as of mid-March 2012 at the COCC Bookstore, including used copies. It’s not necessary to read the books cover to cover before the program starts but you are encouraged to become familiar with them. To determine availability, please call the COCC Bookstore at 541.383.7570.

**Required:**


**Recommended:**

Key Poses of Hatha Yoga by Ray Long (a good reference to have on hand but not essential) [http://www.amazon.com/Key-Poses-Yoga-Scientific-Keys/dp/1607432390/ref=sr_1_1?ie=UTF8&s=books&qid=1286209665&sr=1-1](http://www.amazon.com/Key-Poses-Yoga-Scientific-Keys/dp/1607432390/ref=sr_1_1?ie=UTF8&s=books&qid=1286209665&sr=1-1)

Anatomy for Yoga DVD with Paul Grilley (will be used in class—again, a great reference to have at home) [http://www.amazon.com/Anatomy-Yoga-Paul-Grilley/dp/B000A1GEUE/ref=sr_1_1?ie=UTF8&s=dvd&qid=1286209385&sr=8-1](http://www.amazon.com/Anatomy-Yoga-Paul-Grilley/dp/B000A1GEUE/ref=sr_1_1?ie=UTF8&s=dvd&qid=1286209385&sr=8-1)

For further information, call Rachel Knox at 541.383.7271.