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What books do you recommend if a student wants to learn more about

Kathryn Budig: Light On Yoga is amazing and a classic. Patanjali's Yoga Sutras and an introductory book like The Shambala Georg Feurstien The Yoga Tradition, The Tree of Yoga by Iyengar are some good starters.

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The Yoga-Sutra of Patanjali by Chip Hartranft

In just 196 short aphorisms, this classic work of Indian philosophy spells out succinctly how the mind works, and Published by Shambhala The Tree of Yoga.

IYNAUS | Iyengar Yoga: National Association of the United States

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