



Mandala Yoga School

Required Reading, Reference Books, & Non-Contact Hours Requirements

Non-Contact Hour Requirements

- Non-Contact Hours. A minimum of 20 Classes are to be taken with faculty and teachers of Mandala Yoga School. These classes have a separate fee. Option to Purchase 20 Classes for \$150* (or pay as you go for \$10/class*) These rates are from the time you enroll in the program until graduation
- Trainees are to complete 4 Observation Hours and assist in 4 Classes with Faculty Members – Pre-Approval by a Lead Teacher Trainer is Required Prior to Scheduling.
- Additionally, there will be reading, 3 projects, as well as 3-4 worksheets to complete so you will be well-prepared for our educational segments.

Required Books:

- **How Yoga Works: Healing Yourself and Others with the Yoga Sutra** McNally & Roach
- **The Heart of Yoga** T.K.V. Desikachar
- **Light On Yoga** B.K.S. Iyengar
- **Yoga: The Spirit & Practice of Moving into Stillness** Erich Schiffmann
- **Anatomy of Movement** Blandine Calais-Germain
- (there may be one more addition here)

Recommended Reference Books:

- **Yoga Adjustments** Mark Stevens & Shiva Rea
- **The Yoga Sutras of Patanjali** Sri Swami Satchidananda