

TEACHING MATERIALS - YOGA TEACHER TRAINING

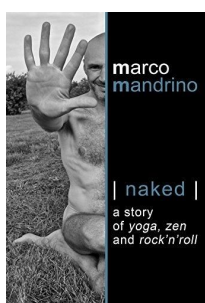
Naked - a story of yoga, zen and rock'n'roll. **Author: Marco Mandrino.**

A personal journey through yoga, zen, music, travel, alcohol, drugs and sex. A book spoken through true-life experience on yoga instead of just dead techniques. A useful writing to deepen the understanding of the approach of our school and its Founder, Marco Mandrino.

By Daniele Bolelli

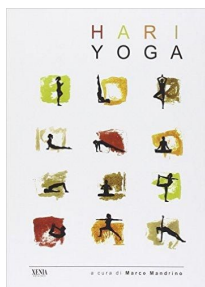
"If Tom Robbins was a yoga teacher, he'd write this book."

"Forget spirituality as a practice for pseudo-mystical posers and narcissistic gurus. This is spirituality for those who love sex, rock and roll and life lived with full intensity."



From the book:

"By practicing and teaching Yoga or some other meditative technique, there may come a time when we question our ability to be up to the task, a question that I believe is healthy to have. From a certain point of view, we will never be ready. If we look at our own lives, at our own unsolved conflicts, at all of our gross or subtle failures, we can see that nobody will ever truly be ready. But then we comprehend how those infinite and deeper levels of understanding have a sense in existing, because on the other side, whoever comes to a class or asks for suggestions has the right to find a teacher or a person that is or has been in the same state of mind. It is true that an ignorant teacher can do damage, but it is also possible that whoever has ears to hear it, can comprehend that language or vibe and that somehow it may be helpful. This thought helped me to stop judging myself as a teacher as well as stopped me from judging other teachers. Now I believe that technical knowledge and the desire to understand are the two essential qualities for sharing our own experience, while the rest will come in the course of time, and anyway, that too will become a journey without a goal."



The textbook preferred by Hari-Om Yoga School for the teacher training is "Hari-Yoga". The **second edition** of the book is published by **Xenia** and **can be purchased directly from the school.**



Anatomy and Asana: preventing yoga injuries, Author: Susi Hately Aldous, offers an easy and efficient method to learn anatomy related to yoga in a way that helps avoiding injuries. It is written by a certified yoga teacher with an impressive background in kinesiology, ergonomics, and physical rehabilitation.

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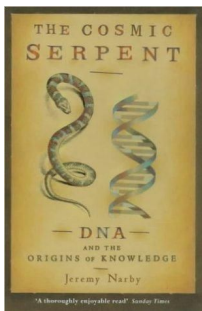
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ESSENTIAL BIBLIOGRAPHY

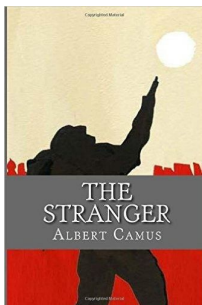
Food for Thought. Ideas to inspire, reflect, imagine.

Here is a list of books recommended by our teachers: We asked each of them to select 5 books which they believe are worth reading, even if they are not strictly educational books or have little to do with Yoga.

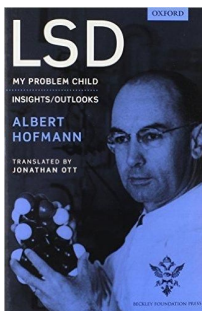
5 books suggested by Massimo Monti



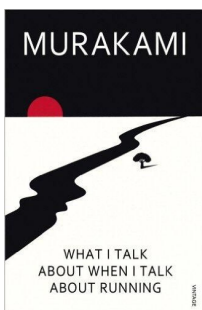
The Cosmic Serpent: DNA and the Origins of Knowledge - Author: Jeremy Narby



The Stranger - Author: Albert Camus



LSD: My problem child - Author: Albert Hoffman



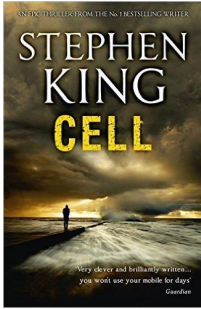
What I Talk About When I Talk About Running - Author: Haruki Murakami

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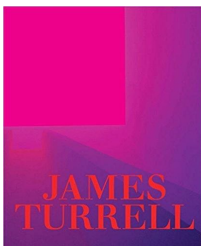
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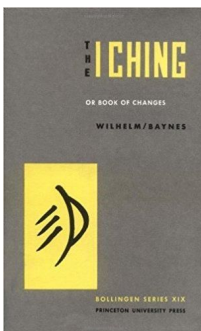


Cell - Author: Stephen King

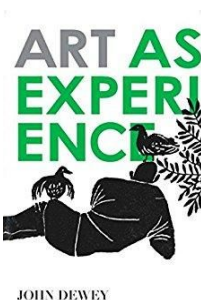
5 books suggested by Emanuela Genesio



James Turrell: A Retrospective - Author: M. Govan Prestel



The I Ching, or Book of Changes - Author: H. Wilhelm-C. F. Baynes – Foreword: C.G. Jung



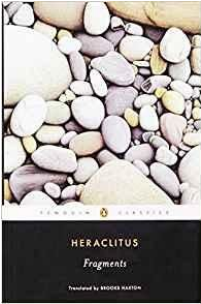
Art as experience - Author: J. Dewey

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Fragments - Author: Heraclitus

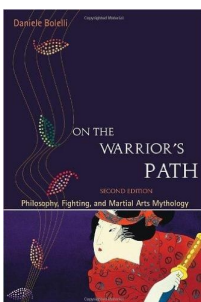


Six Memos for The Next Millenium - Author: I. Calvino

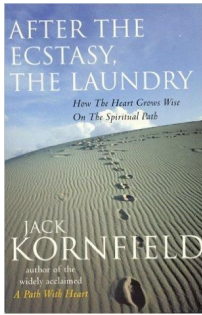
5 books suggested by Marco Mandrino



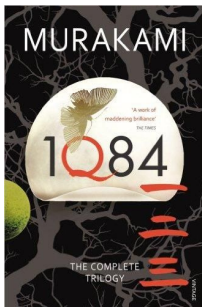
Shibumi - Author: Trevanian



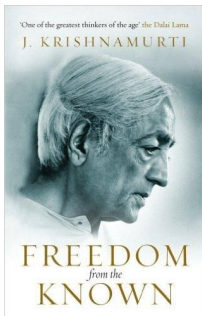
On the Warrior's Path: Philosophy, Fighting, and Martial Arts Mythology - Author: Daniele Bolelli



After the Ecstasy, the Laundry - Author: Jack Kornfield



1Q84 - Author: Haruki Murakami



Freedom from the Known - Author: Jiddu Krishnamurti

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