

# *Yoga Resources*

## ***Yoga Periodicals***

*Integral Yoga Magazine*

[www.integralyogamagazine.org](http://www.integralyogamagazine.org)

*Yoga International*

[www.yogainternational.com](http://www.yogainternational.com)

*Yoga Journal*

[www.yogajournal.com](http://www.yogajournal.com)

*Yogi Times* magazine

[www.yogitimes.com](http://www.yogitimes.com)

## ***Information on Sanskrit, Ayurveda, Ashrams, and Other In-Depth Yoga Programs***

American Institute of Vedic Studies

David Frawley

[www.vedanet.com](http://www.vedanet.com)

American Sanskrit Institute

[www.americansanskrit.com](http://www.americansanskrit.com)

Asana Names and the Language of Yoga

Sanskrit Sounds

[www.SanskritSounds.com](http://www.SanskritSounds.com)

The Ayurvedic Institute

[www.ayurveda.com](http://www.ayurveda.com)

International Sivananda Yoga Vedanta Centres

[www.sivananda.org](http://www.sivananda.org)

Silver Age Yoga

[www.silverageyoga.org](http://www.silverageyoga.org)

Association of Himalayan Yoga Meditation Societies International (AHYMSIN)

[www.ahymsin.org](http://www.ahymsin.org)

Traditional Yoga and Meditation of the Himalayan Masters

[www.swamij.com](http://www.swamij.com)

YogaFinder

[www.yogafinder.com](http://www.yogafinder.com)

Yoga Rascals

[www.yogarascals.com](http://www.yogarascals.com)

## ***Yoga Associations and Societies***

Black Yoga Teachers Alliance

[www.blackyogateachersalliance.com](http://www.blackyogateachersalliance.com)

British Wheel of Yoga (BWY)

[www.bwy.org.uk](http://www.bwy.org.uk)

Canadian Yoga Alliance

[www.canadianyogicalliance.com](http://www.canadianyogicalliance.com)

Healthy, Happy, Holy Organization (Kundalini)

[www.3ho.org](http://www.3ho.org)

Himalayan International Institute of Yoga Science and Philosophy of the USA

[www.himalayaninstitute.org](http://www.himalayaninstitute.org)

Hong Kong Yoga Association

<http://hkyogaassn.com>

Integral Yoga Teachers Association (Australia and other countries)

[www.iyta.org.au](http://www.iyta.org.au)

International Association of Yoga Therapists

[www.iayt.org](http://www.iayt.org)

Irish Yoga Association

[www.iya.ie](http://www.iya.ie)

Iyengar Yoga Association of the United Kingdom

<https://www.iyengaryoga.org.uk>

K Pattabhi Jois Ashtanga Yoga Institute

[www.kpjai.org](http://www.kpjai.org)

Kripalu Yoga and Ayurveda Association

[www.kripalu.org](http://www.kripalu.org)

North American Studio Alliance  
[www.namasta.com](http://www.namasta.com)

Yoga Alliance (U.S.)  
[www.yogaalliance.org](http://www.yogaalliance.org)

Yoga Alliance International (YAI) European Division  
<http://yogaallianceeurope.net>

Yoga Australia  
<https://www.yogaaustralia.org.au/>

Yoga Scotland  
<http://www.yogascotland.org.uk/>

### ***Fitness Industry Trends***

Aerobics and Fitness Association of America  
American College of Sports Medicine  
[www.acsm.org](http://www.acsm.org)

American Council on Exercise  
[www.acefitness.org](http://www.acefitness.org)

CANFITPRO (Canadian Fitness Professional Organization)  
[www.canfitpro.com](http://www.canfitpro.com)

IDEA Health & Fitness Association  
[www.ideafit.com](http://www.ideafit.com)

### ***Yoga Products and Distributors***

Barefoot Yoga Company  
[www.barefootyoga.com](http://www.barefootyoga.com)

Blue Lotus Yoga Essentials  
[www.bluelotusyoga.com](http://www.bluelotusyoga.com)

Crescent Moon Yoga  
[www.crescentmoonyoga.com](http://www.crescentmoonyoga.com)

Gaiam  
[www.gaiam.com](http://www.gaiam.com)

Hugger Mugger Yoga Products  
[www.huggermugger.com](http://www.huggermugger.com)

Manduka  
[www.manduka.com](http://www.manduka.com)

## ***Useful Publications***

Akers, B.D., trans. 2002. The hatha yoga pradipika.  
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Aldous, S.H. 2004. Anatomy and asana: Preventing yoga injuries. Calgary: Functional Synergy.

Alter, M.J. 2004. Science of flexibility. 3rd ed. Champaign, IL: Human Kinetics.

Bachman, N. 2005. The language of yoga: Complete A to Y guide to asana names, Sanskrit Terms, and Chants. Louisville, CO: Sounds True.

Barbe, W.B., and R.H. Swassing. 1979. Teaching through modality strengths: Concepts and practices. Columbus: Zaner-Bloser, Inc.

Basmajian, J.V., and C.J. De Luca. 1985. Muscles alive: Their functions revealed by electromyography, 5th ed. Baltimore: Williams & Wilkins.

Bauman, A. 2002. Is yoga enough to keep you fit? Yoga Journal, September–October.

Bender Birch, B. 1995. Power yoga: The total strength and flexibility workout. New York: Simon & Schuster.

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Fields, J. 2012. Teaching people, not poses: 12 principles for teaching yoga with integrity. Charleston: CreateSpace Independent Publishing Platform.

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