



FICHE DE FORMATION

*Les fondements d'une pratique fluide
- Vinyasa 200 & 300 heures -*



DATES DE FORMATION : du 6 octobre 2017 au 26 juin 2018

DUREE DE LA FORMATION : 200 heures

READING LIST

There are so many books to recommend you read but we had to make a choice. Here is the ShivaShakti selection for you mental stimulation & yogic health

For the 200 Hours.....

You should you need to read and review 5 of these books (2 from the theory section, 1-2 from the Spiritual section & 1-2 from the Physical, Yin or Vinyasa) – this constitutes part of the final exam.

For the 300 Hours....

You should you need to read and review 8 of these books (3 from the theory section, 2 from the Spiritual section & 3 from the Physical, Yin or Vinyasa) – this constitutes part of the final exam.

*We advise you to read the books with a * before the training course begins if possible. You can of course read as many books as like not all titles are available in both languages.*

You can of course read as many of these books as you would like to or have time to. The books written in purple are more for the 300 hour teacher training but can also be read for the 200 hours if you are tempted...

THEORY

THE SUTRAS DE PATANJALI – Swami Durgananda *

LIGHT ON LIFE or LIGHT ON YOGA – BKS Iyengar

THE HEART OF YOGA – Desikachar *

YOGA THE SPIRIT & PRACTICE OF MOVING INTO STILLNESS – Eric Schiffmann

YOGA OF THE HEART – Mark Whitwell

KUNDALINI TANTRA – Swami Satyananda Saraswati*

GHERANDA SAMHITA – TRAITÉ CLASSIQUE DE HATHA YOGA

HATHA YOGA PRADIPIKA – Un Traité de Hatha Yoga – Swami Satyananda Saraswati

SPIRITUAL

ANATOMY OF THE SPIRIT – Carolyn Myss

THE FOUR DESIRES – Rod Stryker

SACRED CONTRATS – Carolyn Myss

TENDING THE HEART FIRE – Shiva Rea

A PATH WITH HEART – Jack Kornfield

REALITY OF BEING – Jeanne de Salzmann

POWER OF NOW & STILLNESS SPEAKS – Eckhart Tolle

THE TREE OF YOGA – BKS Iyengar

THE SECRET POWER OF YOGA – A Womans' Guide to the Heart & Spirit
of the Yoga Sutras – Nischala Joy Devi

WHEN THINGS FALL APART – Pema Chodron

ADDITIONAL TEXTS THAT HAVE TOUCHED MY HEART & SOUL

BENEDICTUS – John O'Donohue

THE FOUR ELEMENTS –Reflections on Nature, John O'Donohue

RISE SISTER RISE – Rebecca Campbell

THE UNIVERSE HAS YOUR BACK – Gabriella Bernstein

PRAYERS FOR HONOURING VOICE – Pixie Lighthouse

L'ART DE L'ATTENTION – Elena Brower

365 YOGA – Susanna Harwood Rubin

WOMEN WHO RUN WITH WOLVES – Clarissa Pinkola

PHYSICAL

AYURVEDA FOR WOMEN – Svoboda *

THE KEY MUSCLES OF YOGA - Ray Long

ANATOMIE & MOUVEMENT - Blandine Calais Germain

YIN SPECIFIC

INSIGHT YOGA – Sarah Powers

YIN YOGA & YINSIGHTS - Bernie Clarke *

YIN YOGA KIT – Biff Mithoefer

LE THÉRAPEUTIC YIN YOGA KIT – Biff Mithoefer

VINYASA SPECIFIC

YOGA SEQUENCING - Mark Stephens

THE ART OF ATTENTION – Elena Brower

What is a book review?

Read the book you have chosen fully and make notes as you go if you wish – particularly if there are passages that speak to you more.

There will be books, chapters, phrases that speak to your journey, your yogic path more than others. Write a mini résumé of the book then write a résumé of the passages that have touched you more or that you feel are relevant to your yoga path and physical, spiritual or mental development

Résumé approx. 1000 words..