

YOGA TEACHERS INSTITUTE OF SOUTH AUSTRALIA INC.

LIBRARY LIST

The following books, audio tapes, video tapes, DVD's, CD's and periodicals are available for loan to full members, associate members and Friends of the Institute. All periodicals are not listed.

Books

No.	Title	Author
131.	A decade of service	Sri Swami Satchidananda
235.	A gem for women	Iyengar, Geeta
113.	A guide to the practical use of incense	Janssen, Sally E
84.	A reappraisal of yoga	Feuerstein, Georg & Miller, J
95.	A simple guide to healthy living	Earle, M, P
120.	A stage one course in yoga	Strutt, M
90.	A stage three course in yoga	Strutt, M
173.	Advanced yoga practices vol.3	Dr. Swami Gitananda
8.	Ahimsa	Tahtinen, Unto
265.	Alexander Technique	Chris Raff
259.	Anatomy of Hatha Yoga	H David Coulter
229.	Apostle of peace	Swami Satchidananda
24.	Asana Pranayama Mudra Bandha	Swami Satyananda Saraswati
25.1	Asana Pranayama Mudra Bandha c.1	Swami Satyananda Saraswati
25.2	Asana Pranayama Mudra Bandha c.2	Swami Satyananda Saraswati
25.3	Asana Pranayama Mudra Bandha c.3	Swami Satyananda Saraswati,
202.	Asana Pranayama Mudra Bandha c.1	Swami Satyananda Saraswati
202.	Asana Pranayama Mudra Bandha c.3	Swami Satyananda Saraswati
170.	Ashtanga yoga	Devi, Savitri
227.	Atlas of the human skeleton	Tortora, Gerard J
181.	Autobiography of a Yogi	Paramahansa Yogananda
205.	Ayurvedic cookbook	Bell Bragg, G & Simon D
18.	Be young with yoga	Hittleman, Richard
115.	Beauty through yoga	Blair, Roma
161.	Beyond within	Sri Chinmoy
99.	Beyond words	Swami Satchidananda
254.	Biographies of Rasik Saints	Swami Prakashanand Saraswati
145.	Body sense	Luby, Sue & St Onge, Richard
250.	Bringing yoga to life	Farhi, Donna
14.	Challenging the years c.1	Volin, Michael
15.	Challenging the years c.2	Volin, Michael
4.	Complete Hatha yoga	Kingsland, K & V
147.	Corrective chiropractic exercises	Australian Chiropractors Assoc
239.	Creating change: Evolution through Yoga	Swami Bhaktipoornananda
216.	Crisis and the miracle of love	Patel, Dr. Mansukh & Waters, Dr H
217.	Dance between joy and pain	Patel, Dr. Mansukh & Goswami R
56.	Day by day yoga	Kent, Howard
240.	Deeper dimensions	Feuerstein Georg
220.	Dharana Darshan	Swami Niranjanananda Saraswati
20.	Diet does it	Hauser, G
137.	Disorders of stress and their management	Udupa, K N
255.	Divine Meditation – The Sages Manual for Contemporary Life	Swami Govindananda
223.	Dynamics of yoga	Swami Satyananda Saraswati
260.	Eat, pray, love	Elizabeth Gilbert
159.	Encyclopedia and dictionary of medicine, nursing and allied health	Miller & Keane

166. Endocrines
157. Essence of yoga
127. Exercise beats arthritis
129. Exercise danger
188. Facts about yoga
31. Fitness after 40
221. Four chapters on freedom c.1 (1976)
232. Four chapters on freedom c.2 (2004)
121. Gandhi the man
201. Geo Mantra
97. Gesture of balance
143. Getting it together down under
58. Getting well again
80. Give your heart a chance
68. Glands and your health
110. Glossary of Sanskrit terms
1. Gray's Anatomy (15th ed)
39. Growing up with yoga
249. Growing younger with yoga
42. Guru Tattva
268. Happy for No Good Reason
116. Handbook of 84 traditional asanas
118. Happiness, A guide to joyful living
156. Hatha yoga
65. Hatha yoga
128. Hatha yoga for total health
198. Heart of yoga
272. Heart Yoga
111. Helping yourself with foot reflexology
179. Higher yoga perspectives – Yoga Veda Ayurveda
171. How to begin and practice yoga vol.1
262. How to cultivate virtues and eradicate vices
160. Human anatomy and physiology
199. Human potential energy
37. Hydrorobics
55. If you could see what I hear
241. In the footsteps of Gandhi
7. Infant culture
132. Inner beauty, Inner light
66. Integral yoga
126. Integral Yoga Hatha
114. International light-A pictorial guide to the most useful yogaAsanas
83. Introduction to the Bhagavad Gita
57. Introduction to yoga c.1
62. Introduction to yoga c.2
5. Introduction to yoga principles and practices c.1
6. Introduction to yoga principles and practices c.2
92. Ishavasya Upanishad
93. It's only natural
86. Kailash Journal; pilgrimage into the Himalayas
139. Karma Sannyasana
30.1 Keep moving. Keep young c.1
30.2 Keep moving. Keep young c.2
Devi, Savitri
Volin, Michael
Sayce, V & Fraser, I
Donovan, McNamara, Gianoli
Shri Yogendra
Wilson, J
Swami Satyananda Saraswati
Swami Satyananda Saraswati
Easwaran, E
Devi, Savitri
Tulku, T
Breen, R
Simonton, O C,
Curren, N
Science of Life book
Barborka, G A
Gray, Henry
Volin, M
Wiggins, Louise
Sri Swami Sivananda
Swami Shankarananda
I.Y.T.A
Woolven, G
Bernard, Theos
Yogi Ramacharaka
Luby, Sue
TKV Desikachar
Andrew Harvey & Karuna Erikson
Carter, M
Suren Aviyogi
Dr.Swami Gitananda
Swami Sivananda
Solomon, Schmidt, Adragna
Dr. Lajpat Rai
Krasevec, Grimes
Sullivan, Gill
Ingram, Catherine
Jackson & Jackson
Leboyer, F
Sri Swami Satchidananda
Sri Swami Satchidananda
I. Y. T. A.
Feuerstein, G
Hittleman, R
Hittleman, R
Majumdar, S K
Majumdar, S K
Swami Satyananda Saraswati
Porter, S
Sri Swami Satchidananda
Swami Satyananda Saraswati
Graham, M
Graham, M

- | | | |
|------|--|---------------------------------------|
| 270. | Kirtan Therapy - Transpersonal Healing of Body-Mind-Soul | Bhakti Yoga Resources |
| 213. | Kriya Sutras of Babajc | Swami Satyeswaranda |
| 194. | Kriya yoga . Part 3 | Bihar School of Yoga |
| 40. | Kundalini yoga | Sri Swami Sivananda |
| 140. | Light on the guru and disciple relationship | Swami Satyananda Saraswati |
| 28. | Light on yoga | BKS Iyengar, |
| 98. | Listen to the silence | Long, M |
| 12. | Living Gita | Sri Swami Satchidananda |
| 186. | Living yoga | Sri Swami Satchidananda |
| 204. | Macrobiotics for everyone | Sebelis Sandra |
| 238. | Making the most of natures circles | Swami Bhaktipoornananda |
| 182. | Man's eternal quest | Paramahansa Yogananda |
| 208. | Mata Amritanandamayi a biography | Swami Amritaswarupananda |
| 180. | Mejda – Early life of Paramahansa Yogananda | Sananda Lal Ghosh |
| 237. | Mudras – Yoga in your hands | Hirschi, Gertrude |
| 103. | Multiple Sclerosis the mystery disease | National MS Society of Aus |
| 165. | Muscle | Venkatesa Yoga School |
| 192. | My fun with yoga | Kent, Howard |
| 271. | Myths of the Asanas - The Stories at the Heart of the Yoga Tradition | Alanna Kaivalya & Arjuna van de Kooij |
| 253. | New Horizons in Modern Medicine | Nagendra, H R |
| 119. | Nine principle Upanishads | Swami Kriyananda |
| 100. | Oh' my aching back | Root, L & Kiernan, T |
| 146. | On the gentle path of yoga | Brandjes, Sophia |
| 79. | On the psychology of meditation | Naranjo, C & Ornstein, R E |
| 222. | On the wings of the swan vol 6 | Swami Niranjanananda Saraswati |
| 243. | On the wings of the swan part 1 | Swami Niranjanananda Saraswati |
| 244. | On the wings of the swan part 2 | Swami Niranjanananda Saraswati |
| 245. | On the wings of the swan part 3 | Swami Niranjanananda Saraswati |
| 246. | On the wings of the swan vol 4 | Swami Niranjanananda Saraswati |
| 247. | On the wings of the swan vol 6 | Swami Niranjanananda Saraswati |
| 193. | Path to blessedness | Sri Swami Chidananda |
| 209. | Philosophy of divine love | Jaquadguru Shri Kripaluji Maharaj |
| 206. | Play of consciousness | Swami Muktananda |
| 78. | Practical yoga ancient and modern | Wood, Ernest |
| 89. | Practical yoga therapy | Atma Jyothi Publication |
| 153. | Practice yoga ancient and modern | Wood, Ernest |
| 203. | Prana Pranayama Prana Vidya | Swami Niranjanananda Saraswati |
| 162. | Pranayama | Devi, Savitri |
| 269. | Prema Rasa Siddhanta - Philosophy of Divine Love | Jagadguru Dhri Kripalu Ji Maharaj |
| 225. | Preparing for birth with yoga | Balaskas, Janet |
| 189. | Principles and practices of yoga therapy | Garde, Dr R K |
| 226. | Principles of anatomy and physiology (9th ed) | Tortora & Grabowski |
| 169. | Problem solving | Devi, Savitri |
| 175. | Raja yoga – Samyama | Dr. Swami Gitananda **lost** |
| 69. | Raja yoga | Swami Vivekananda |
| 212. | Religion of love | Swami Vivekananda |
| 88. | Rubaiyat of Omar Khayyam | Fitzgerald, Edward |
| 184. | Sadhana | Sri Swami Sivananda |
| 72. | Sai Baba Avatar | Murphet, H |
| 210. | Scientific healing affirmations | Paramhansa Yogananda |

267. Search for Liberation- A conversation between John Lennon and Swami Bhaktivedanta
236. Secret powers of light Patel, Dr. Mansukh
155. Self realisation through yoga & mysticism Ransom, J
174. Senior yoga practices vol.4 Dr. Swami Gitananda
266. Seva The Path of Purification- from the teachings of Swami Sivananda Saraswati & Swami Satyananda Saraswati
51. Sex and yoga Volin, Michael
64. Shambhala: Oasis of light Thomas, Andrew
164. Sharing yoga Devi, Savitri
34. Sivananda, Biography of a modern sage Divine Life Society
214. Somatic yoga Criswell, Eleanor
85. Sound therapy for the walk man Joudry, P
163. Spinal therapy Devi, Savitri
253. Still Here, embracing aging, changing and dying Ram Dass
130. Stretch and relax Tobias, M & Stewart, M
264. Stretching and Flexibility Kit Laughlin
32. Sure ways to self realisation Swami Satyananda Saraswati
168. Surya Gayatri Devi, Savitri
144. Swami Satchidananda (A Biography) Wiener, S
2. Tai Chi Chuan Delza, Sophia
195. Tantra of Kundalini Yoga Swami Satyananda Saraswati
252. Tattwa Shuddhi Swami Satyasangananda
218. Teach yourself yoga Grzybowski, Eve
177. Teaching of Swami Satyananda vol.1 Satyananda Ashram Australia
176. Teaching of Sw. Satyananda vol.2 Satyananda Ashram Australia
196. Teaching yoga Butler, D
185. Textbook of yoga Feuerstein, Georg
154. The amazing life science Francis, Major P G
133. The anatomy colouring book Kapit, & Elson
141. The art of yoga Iyengar, BKS
76. The book of choices Barker, K & Johnson, G
197. The breath of life Dr. Swami Gitananda
257. The breathing book Donna Farhi
71. The candle of vision AE
19. The chakras, a monograph Leadbeater, CW
3. The complete illustrated book of yoga Swami Vishnudevanda
53. The complete illustrated book of yoga Swami Vishnudevanda
263. The complete yoga course Howard Kent
248. The effects of Yoga on hypertension Dr Swami Shankardevananda
211. The elements of yoga Devereux, Godfrey
45. The ESP Papers Ostrander, S & Schroeder, L
73. The essence of yoga Feuerstein, Georg
183. The essence of yoga Feuerstein, Georg
44. The F plan diet Eyton, A
234. The flame that transforms MacCuish, S, Patel, M & Wells, A
136. The fold-out atlas of the human body Amadon, A M
224. The how to herb book Gordon, Keith (missing)
167. The jewel in the heart Devi, Savitri
256. The key muscles of Hatha Yoga Ray Long MD FRCSC
149. The (New) fitness leaders handbook Egger, G & Champion, N
10. The new manual of Yoga Ross, K
43. The no drug approach to conquering asthma Berkley, G

200.	Theories of the Chakras	Motoyama, Hiroshi
138.	The power of Chi	Pike, G
261.	The yoga of Herbs -an Ayurvedic guide to herbal medicine	Dr David Frawley & Dr Vasant Lad
70.	The yoga of light, hatha yoga pradipika	Rieker, Hans
16.	The yoga of the Bhagavat Gita	Sri Krishna Prem
207.	The Yoga Sutra of Patanjali	Georg Feuerstein
112	Thought power	Sri Swami Sivananda
109.	Thoughts for aspirants	N. Sri Ram
187.	To know yourself, the essential teachings of Swami Satchidananda	Mandlekorn, P
122.	Unisex yoga c.1	Donat, L K
123.	Unisex yoga c.2	Donat, L K
117.	Use of juices	Klinkard, C E
96.	Vegetarian and health recipes	Anandam School of Yoga
233.	Introduction to Buddhist philosophy and meditation	Finster, W
22.	Whispers from eternity	Paramhansa Yogananda
67.	Wisdom of India	White, E
228.	With the best of intentions	Wilson, N
142.	Woodhouse	Peake, A J
26.	Yoga c.1	Arulen Arcane Centre, et al
27.	Yoga c.2	Arulen, Arcane Centre, et al
46.	Yoga	Hewitt, J
36.	Yoga	Johns, J
134.	Yoga	Kent, Howard
52.	Yoga	Wood, Ernest
230.	Yoga	Wood, Ernest
13.	Yoga and health	Yesudian, S & Haich, E
33.	Yoga and health	Yesudian, S & Haich, E
29.	Yoga and living skills	Brandjes, Sophia
63.	Yoga and medicine	Brena, S F
74.	Yoga and meditation	Hewitt, J
94.	Yoga and nutrition	Zebroff, K
102.	Yoga and pregnancy	Hoare, Sophy
59.	Yoga and sex	Volin, Michael
9.	Yoga and the Bible	Leeming, J
106.	Yoga and the disabled c.1	Dr Swami Karmamurti
107.	Yoga and the disabled c.2	Dr Swami Karmamurti
219.	Yoga Darshan vision of the Yoga Upanishads	Paramhansa Niranjanananda
151.	Yoga Asanas	Frederic, L
190.	Yoga expectant mothers and others	Smt. Meenarshi Devi
23.	Yoga for backache	Volin, Michael
54.	Yoga for beauty	Volin, Michael
81.	Yoga for beginners	Swami Karmamurti Saraswati
61.	Yoga for everyone	Dunne, D
108.	Yoga for health and beauty	Gould, J
41.	Yoga for health and vitality	Kirschner, M J
215.	Yoga for stress relief	Swami Shivapremananda
38.	Yoga for the disabled	Kent, Howard
158.	Yoga for the western world	Dukes, Sir Paul
135.	Yoga for the young	Shishyananda & Maitrayananada
191.	Yoga for the young	Shishyananda & Maitrayananada
152.	Yoga for today	Spring, C. & Goss, M
104.1	Yoga for vital beauty c.1	Swami Sarasvati
104.2	Yoga for vital beauty c.2	Swami Sarasvati

Video Tapes

No.	Title.	Author.
V1.	Desikachar Conversations. The yoga questions. Auckland N.Z. 1995	
V2.	Dru yoga. Energy in motion	Annie Jones & Andrew Wells
V3.	Margo Hutchison workshop. 29th March 1992	
V4.	Public lecture on Kriya Yoga. Melbourne 1992	Shibendu Lahiri
V5.	Yoga	Elsa Rabold

DVD's

No.	Title	Author.
DVD 1.	Yoga to health. Growing younger with yoga.	Louise Wiggins
DVD 2.	Yoga to health. Yoga class practice.	Louise Wiggins
DVD 3.	Yoga and Samkhya Teachings by Paramhansa Niranjanananda	Satyananda Yoga
DVD 4.	One life at a time	Krishna Das
DVD 5.	Yoga to Health, Yoga for your back, Level 1, Gentle Therapeutic Practices	Louise Wiggins
DVD 6.	Yoga to Health, Yoga for your back, Level 2, Spinal mobilisation	Louise Wiggins
DVD 8.	Series of 12	Gopeshwari Didi's lectures of Bhakti Yoga
	8.1 The Ultimate Aim of Human Life	
	8.2 The Practice of Bhakti Yoga Part 1	
	8.3 The Practice of Bhakti Yoga Part 2	
	8.4 The Practice of Bhakti Yoga Part 3	
	8.5 The Form of God	
	8.6 Grace of God Part 1	
	8.7 Grace of God Part 2	
	8.8 Surrender	
	8.9 The Nature and Reality of the World Part 1	
	8.10 The Nature and Reality of the World Part 2	
	8.11 Detachment from Worldly Attractions Part 1	
	8.12 Detachment from Worldly Attractions Part 2	

CD's

No.	Title	Author
A.	Autogenic relaxation	Sandra Sebelis
B.	Call of the flute. Part2. Improvisation on the bamboo flute.	
C.	Chasing BuddhaTour. Being your own therapist.	Ven Robina Courtin
D.	Creating change Foundation meditation practices.	Paramahansa Satyananda Saraswati
E.	Deep relaxation A breath meditation.	Michael Dunn. Mantramurti
F.	Dru Yoga. Journey of the heart.	Louise Rowan
G.	Eternal OM	
H.	From sound into silence. Meditation with voice and harp.	Ian Gawler & Peter Roberts
I.	Healing meditations.	Michael Dunn. Mantramurti
J.	Going home. Inspirational passages & music for meditation.	Sandra Sebelis & Des Barry
K.	In stillness I heal my spine.	Louise Wiggins
L.	All one	Krishna Das.
M.	Laxmi's Dream.	Caitlin
N.	Meditation practice for a balanced flow of prana	Swami Bhakipoornananda

O.	Meditation demystified.	Sandra Sebelis
P.	OM Sanctuary	
Q.	Relaxation for self healing. Inner silence meditation.	Michael Dunn. Mantramurti
R.	Surya Namaskar Mantras	Yoga Assoc of Victoria
S.	Yoga class Asana, Pranayama & Relaxation	Satyananda Yoga
T.	Yoga Nidra practices for creating change.	Paramahansa Satyananda Saraswati
U.	Yoga Nidra for environmental awareness	
V.	Yoga Nidra for pregnancy & General health & wellbeing	Paramahansa Satyananda Saraswati
W.	Yoga Nidra relaxation	Swami Muktibodhananda Saraswati
X.	Yoga practices for stress and hormonal balance	Paramahansa Satyananda Saraswati
Y.	Chakra Dharanam Part 1, Dru Meditation	Chris Barrington
Z.	Chakra Dharanam Part 2, Dru Meditation	Chris Barrington
A1.	Yoga Nidra with Andrea King	Andrea King
B1.	Pranayam and Meditation	Raj Pandey
C1.	Kriya Yoga	Raj Pandey
D1.	Kundalini Yoga	Raj Pandey