



**50 HR ROCKET TEACHER TRAINING
WITH LEON LONDON & MAAYAN SHENHAR
1-6 JULY 2024, YOGARISE COVENT GARDEN**

READING LIST:

Essential Reading

- * The Practice Manual by David Swenson
- * The Sutras of Patanjali by Satchidananda
- * Moola Bandha – The Master Key by Buddhanada

Other titles:

- *Yoga in the Kashmir Tradition by Billy Doyle
- * The Yoga Body by Mark Singelton