Required and Recommended Materials

Training	Required Materials	Recommended Materials
Level 1	Beth Shaw's YogaFit, 3rd Edition	Yoga Strap, Block
Level 2	Yamas and Niyamas by Deborah Adele	
Level 3	The Chakra Bible: The Definitive Guide to Working with Chakras by Patricia Mercier	Pathways to Joy by Swami Vivekananda and Dave Deluca
Level 4	The Living Gita by Sri Swami Satchidananda: The Yoga Sutras of Patanjali by Sri Swami Satchidananda and The Language of Yoga by Nicolai Bachman	Strap, Pathways to Joy by Swami Vivekananda and Dave Deluca, Journal
Level 5	Your Body Speaks Your Mind by Deb Shapiro	Journal
Advanced Ayurveda	Ayurveda, Natures Medicine by David Frawley	Please click HERE for the list of additional required materials for Online trainings
Advanced Sequencing	2 Blocks, towel	

Anatomy & Alignment	Key Muscles of Yoga by Ray Long, MD	Anatomy DVD; Anatomy & Asana by Susi Hately Aldous
Anatomy & Alignment II	Key Poses of Yoga by Ray Long, MD	Anatomy & Asana by Susi Hately Aldous
Ayurveda I	Yoga and Ayurveda - Self-healing and Self-Realization by David Frawley	Yoga for your Type - An Ayurvedic Approach to Your Asana Practice by Dr. David Frawley and Sandra Summerfield Kozak M.S.
Ayurveda II	Ayurveda - The Science of Self-Healing (A practical Guide) by Dr. Vasant Lad	Yoga for your Type - An Ayurvedic Approach to Your Asana Practice by Dr. David Frawley and Sandra Summerfield Kozak M.S.
Biomedical Aspects of Yoga Therapy	Anatomy of Hatha Yoga with David Coulter	
Covid Recovery		
Expanding Consciousness	The Divine Matrix by Gregg Braden Yoga Mat, Yoga Blanket, and Pillow	Biology of Belief by Bruce Lipton; The Subtle Body by Cyndi Dale
Healing Emotional and Physical Trauma Training	Overcoming Trauma through Yoga: Reclaiming Your Body by David Emerson and Elizabeth Hopper; Healing Trauma with Yoga by Beth Shaw; 2 blocks or eggs, blanket	The Body Keeps the Score by Bessel van der Kolk, MD

Holistic Nutrition and Yoga		Ayurveda Beginner's Guide: Essential Ayurvedic Principles and Practices to Balance and Heal Naturally by Susan Weis-Bohlen; Ayurvedic Cooking for Self-Healing Paperback by Usha Lad Vasant Lad; Digital Textbook noted in the description
Integrating Mudras into Practice	Mudras for Healing and Transformation by Joseph Le Page	The Subtle Body by Cyndi Dale, Mudras: Yoga in Your Hands by Gertrud Hirschi
Kids	Yoga Card Deck for Kids	
Meditation and Mindfulness		Meditation cushion, two blocks, blanket
PilatesFit		
Positive Psychology	Before Happiness by Shawn Achor	Way of the Peaceful Warrior by Dan Millman
Pranayama	The Yoga of Breath: A Step by Step Guide to Pranayama by Richard Rosen	Light on Pranayama by BKS Iyengar
Prenatal/ Postpartum	Pillow	Strap, block, Prenatal DVD
Props	Yoga Mat, Block, 10-foot Strap OR Therapy Strap	Blanket and Bolster
Recovery Coaching Essentials	Rewired by Erica Spiegelman	The Heart of Laser Focused Coaching by Marion Franklin
Reiki 1 & 2	Yoga mat, blanket, 2 blocks or eggs, bolster	The Original Reiki Handbook by Dr. Mikao Usui Reiki – The Healing Touch by William Lee Rand
Reiki Foundations	Empowerment Through Reiki: The Path to Personal and Global Transformation by Paula Horan Yoga mat, blanket, 2 blocks or eggs	Bolster Mastering Your Hidden Self: A Guide to the Huna Way by Serge Kahili King Heal Your Body by Louise Hay

Restorative	Bolster, block, 10-foot restorative strap or Senior strap (with loops), eye pillow, yoga mat; *Relax & Renew* by Judith Lassiter	Chakra Balancing Kit by Anodea Judith
Restoring Balance: Training the Parasympathetic Nervous System (PNS)	Accessing the Healing Power of the Vagus Nerve: Self-Help Exercises for Anxiety, Depression, Trauma, Trauma, and Autism by Stanley Rosenberg; 2 eggs or 2 blocks, 1 blanket	Ayurveda Essential Emotions: Your Guide to Process, Release, and Live Free (Current Edition) and Essential Emotions Wheel; HRV Monitor Such as Inner Balance or Apple watch
Seniors	Therapy strap, block	Seniors DVD
Somatic Yoga Therapy Lab	Body Reading: Visual Assessment and the Anatomy Trains by Thomas Myers	*Exploring the Koshas in Yoga Therapy: An Embodied Approach for Client and Classroom (2026).* LaMor Clements https://a.co/d/eGeXgMh Your favorite yoga Philosophy texts for reference
Somatosensory Yoga	The Extended Mind: The Power of Thinking Outside the Brain by Annie Murphy Paul , Naboso Neuroball, save 10% with code YOGAFIT at checkout at naboso.com	
Somatosensory Yoga 2	Better in Every Sense: How the New Science of Sensation Can Help You Reclaim Your Life by Norman Farb PhD and Zindel Segal PhD	Naboso Neuroball, save 10% with code YOGAFIT at checkout at naboso.com.
Sound and Mantra Healing	Healing Mantras by Thomas Ashley-Farrand	The Language of Yoga by Nicholai Bachman
Stand Up Paddle Board Training		
Teen Mental Health	Brainstorm: The Power and Purpose of the Teenage Brain Paperback -by Daniel-Siegel	
Thai Energy	Pillow, blanket	
The Art of Storytelling	Theme Weaver by Michelle Marchildon; Myths of the Asanas by Alanna Kaivalya	
Therapeutic Yoga for the Upper and Lower Extremities	2 blocks, strap	

Therapeutic Application of the Koshas	*Exploring the Koshas in Yoga Therapy: An Embodied Approach for Client and Classroom (2026).* LaMor Clements https://a.co/d/eGeXgMh	Deepening the Work: A Professional's Toolkit. https://www.yogilamor.com/products
Therapeutic Applications of Sound and Mantra	Sound Medicine: How to Use the Ancient Science of Sound to Heal the Body and Mind by Kulreet Chaudhary, MD., Healing Mantras by Thomas Ashley-Farrand (required in Sound & Mantra). 1 sound bowl (C preferred), 1 weighted tuning fork (144 Hz preferred), 1 unweighted tuning fork (174 Hz preferred)	
Therapeutic Applications of Yoga Nidra	1-2 Blankets/Bolsters, 1 hand towel, Yoga Nidra 1-day Training Manual	Additional props as needed for comfort
Tuning Fork Sound Resonance	*Tuning the Human Biofield: Healing with Vibrational Sound Therapy* by Eileen Day McKusick. 144 Hz weighted tuning fork. Any brand is fine, but we strongly recommend this one: (https://biofieldtuningstore.com/collections/tuning-forks/products/144-hz-weighted-tuning-fork). 174 Hz tuning fork. Any brand is fine, but we strongly recommend this one: (https://biofieldtuningstore.com/collections/tuning-forks/products/174-hz-unweighted-tuning-fork). 1 Tibetan singing bowl (any is fine).	*Human Tuning: Sound Healing with Tuning Forks* by John Beaulieu. Solfeggio Tuning Forks (https://www.healingsounds.com/product/holy-harmony-tuning-forks/). *Marma Points of Ayurveda* by Vasant Lad.
Upleveled Chair Yoga: Strength, Support & Flow	Adapting Chair Yoga for EveryBody by Finlay Wilson	
Warrior Kids	The Body Keeps the Score by Bessel Van der Kolk, Trauma through a Child's Eyes by Peter Levine	
Working with Chakras	The Chakra Bible: The Definitive Guide to Working with Chakras by Patricia Mercier	
Yin Yoga	The Complete Guide to Yin Yoga by Bernie Clark	Insight Yoga by Sarah Powers; Grilley, Paul (2004) **Anatomy for Yoga [video].** Pranayama LLC; Grilley, Paul (2014) **Yin Yoga with Paul Grilley [video]**. Pranayama LLC
Yoga for ADD/ADHD and the Autism Spectrum	Scattered Minds: The Origins and Healing of Attention Deficit Disorder by Gabor Mate	

Yoga for Fit and Focused (Yoga in the Classroom)	The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by Daniel J. Siegel	
Yoga for Grief and Loss	Healing through Yoga by Paul Denniston, It's OK That You're Not OK by Megan Divine	
Yoga Nidra	1-2 Blankets/Bolsters, 1 hand towel	Yoga Nidra by Swami Satchidananda Saraswati, additional blankets or blocks for comfort
Yoga Therapy for Nervous System Disorders	The Principles and Practice of Yoga in Healthcare by Sat Bir Singh Khalsa, Lorenzo Cohen, Timothy McCall, & Shirley Telles	Quantum Healing by Deepak Chopra

YogaBack		Basics and Back Health DVD
YogaFit Dream Yoga	Dream Yoga by Andrew Holecek	Journal or The Lucid Dreaming Workbook by Andrew Holecek
YogaFit for Addiction and Recovery	Recovery 2.0 by Tommy Rosen	In the Realm of Hungry Ghosts by Gabor Mate
YogaFit for Athletes	The YogaFit Athlete by Beth Shaw, Beth Shaw's YogaFit, 3rd Edition, strap	tennis ball
Yoga for Balancing Moods	Yoga for Depression by Amy Weintraub, Yoga Skills for Therapists by Amy Weintrab; Healing Trauma with Yoga by Beth Shaw	2 blocks or eggs, 1 blanket
YogaFit for Cancer Care	Yoga Therapy Across the Cancer Care Continuum by Leigh Leibel and Anne; 2 blocks, or eggs; 1 -2 blankets; strap	ACSM's Guide to Exercise and Cancer Survivorship edited by Melissa Irwin.
YogaFit for Caregivers	I am Here: The Healing Journey of Caregiving by Kevin Sharpe	Breath of Relief by Karl La Rowe
YogaFit for Chronic Pain	Yoga and Science in Pain Care edited by Neil Pearson, Shelly Prosko and Marlysa Sullivan	Your Body Speaks Your Mind by Deb Shapiro, 1-2 blankets
Yoga for Diabetes Management	Yoga The Principles and Practice of Yoga in Healthcare by Sat Bir Singh Khalsa, Lorenzo Cohen, Timothy McCall, & Shirley Telles	Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain by Kelly McGonigal, MD

Yoga for the Face, Head, and Neck	The Book of Lymph: Self-Care Practices to Enhance Immunity, Health, and Beauty: https://amzn.to/4jL2FtZ Ayurveda and Marma Therapy: Energy Points in Yogic Healing (also used in Advanced Ayurveda training): https://amzn.to/3YzSEHQ 2 Therapy Balls or Tennis Balls: https://amzn.to/3IRoxXh 1 Yoga Block	Marma Points of Ayurveda: The Energy Pathways for Healing Body, Mind, and Consciousness with a Comparison to Traditional Chinese Medicine: https://amzn.to/4l4g68e Taking Control of TMJ: Your Total Wellness Program for Recovering from Temporomandibular Joint Pain, Whiplash, Fibromyalgia, and Related Disorders: https://amzn.to/4fgImn5
YogaFit for Sleep	Wake Up to Sleep by Charlie Morley	Why We Sleep by Matthew Walker, Yoga Blocks
YogaFit for the Change: From PMS to Menopause		Pelvic Liberation: Using Yoga, Self-Inquiry, and Breath Awareness for Pelvic Health by Leslie Howard; Meditation as Medicine: Activate the Power of your Natural Healing Force by Khalsa and Stauth; bolster

Yoga for the Heart	The Principles and Practice of Yoga In Healthcare by Sat Bir Singh Khalsa, Lorenzo Cohen, Timothy McCall, & Shirley Telles	Advanced Chakra Healing; A Four Pathways Approach by Cyndi Dale
Yoga for Improved Pelvic Floor Performance	Yoga mat, strap, 2 blocks or eggs, colored pencils	Pelvic Liberation by Leslie Howard, Meditation as Medicine: Activate the Power of your Natural Healing Force by Khalsa and Stauth; Bolster
Yoga for Intergenerational and Collective Trauma	Healing Collective Trauma: A Process for Integrating Our Intergenerational and Cultural Wounds by Thomas Hubl	
YogaFit for Injury Prevention and Recovery	The YogaFit Athlete by Beth Shaw	
Yoga for Mild Cognitive Impairment	*Supporting Mild Cognitive Impairment with Yoga*, by Jenn Tarrant Naboso Neuroball save 10% with code YOGAFIT at checkout at naboso.com	
Yoga for Parkinsons		
YogaFit for Personal Trainers		
YogaFit for Warriors	In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness by Peter Levine. Healing Trauma with Yoga: Go From Surviving to Thriving with Mind-Body Techniques	2 blocks or 2 eggs
YogaFit Fusion		
YogaFit Healthcare I: Assessing the Physical Body	Yoga as Medicine by Timothy McCall, Foam Roller (18" or 36"), Block, Strap	Your Body Speaks your Mind by Deb Shapiro; 2 blocks
YogaFit Healthcare II: Examining the Subtle Body	The Subtle Body: An Encyclopedia of Your Energetic Anatomy by Cyndi Dale; Mudras for Healing and Transformation by Joseph and Lilian Le Page; Chakra Yoga by Anodea Judith	Your Body Speaks your Mind by Deb Shapiro; Watch video "What the Bleep do we know" prior to training

YogaFit Healthcare III: Designing the Protocol	The Principles and Practices of Yoga Health Care, edited by Sat Bir Khalsa, Lorenzo Cohen, Timothy McCall, and Shirley Telles; Motivational Interviewing in Health Care by Stephen Rollnick, William Miller and Christopher Butler	Yoga as Medicine by Timothy McCall The Subtle Body: An Encyclopedia of Your Energetic Anatomy by Cyndi Dale
YogaFit Mommy and Baby Yoga	Doll, or pillow to hold/work with during the training	

YogaFit TaiChiFit	Yoga Mat, Chair, Yoga Block	
YogaFit YogaBarre	Yoga mat, Yoga block or egg, minimum of 1 resistance band	2-3 variations of strengths of Resistance Bands, Resistance Loop bands, Core Ball, 1-3-pound dumbbells
YogaLean Coaching Essentials	Beth Shaw's YogaLean™	
YogaSweat		Towel, change of clothes