

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
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	Devi, Savitri

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
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
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
213. Kriya Sutras of Babajc
194. Kriya yoga . Part 3
40. Kundalini yoga
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
I.Y.T.A
Woolven, G
Bernard, Theos
Yogi Ramacharaka
Luby, Sue
TKV Desikachar
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
Swami Satyeswaranda
Bihar School of Yoga
Sri Swami Sivananda

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| 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 |
| 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 |
| 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 |
| 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 |
| 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 |

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|------|--|----------------------------------|
| 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 pradiipika | 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
17.	Yoga for women	Phelan, N & Volin, M
48.	Yoga for women c.1	Phelan, N & Volin, M
49.	Yoga for women c.2	Phelan, N & Volin, M
50.	Yoga for women c.3	Phelan, N & Volin, M
150.1	Yoga for you c.1	Indra Devi
150.2	Yoga for you c.2	Indra Devi
35.1	Yoga for your children c.1	Marshall, L
35.2	Yoga for your children c.2	Marshall, L
258.	Yoga for your type, an Ayurvedic approach to your asana practice	Dr David Frawley/ Sandra Summerfield Kozak MS
21.	Yoga illustrated dictionary	Day (missing)
82.	Yoga in ten lessons	Dechanet, J M
172.	Yoga intermediate practice vol.2	Dr. Swami Gitananda

47.	Yoga made easy	Dunne, D
242.	Yoga management of common diseases	Dr Swami Karmananda
251.	Yoga Meditation for pregnancy	Jamieson, Theresa
231.	Yoga mind, body & spirit	Farhi, Donna
101.	Yoga Nidra	Swami Satyananda Saraswati
60.	Yoga over 40	Volin, M & Phelan, N
77.	Yoga postures for self awareness	Swami Kriyananda
75.	Yoga self taught	Van Lysebeth, A
105.	Yoga with Swami Sarasvati	Swami Sarasvati
124.	Yoga: The 8 steps to health and peace c.1	Hittleman, Richard
125.	Yoga: The 8 steps to health and peace c.2	Hittleman, Richard
11.	Yoga 28 day exercise plan	Hittleman, Richard
87.	Yogic culture and the modern man	Ramachandra Gupta
178.	Yogic management of common diseases	Swami Satyananda Saraswati
91.	You don't have to live with ailing heart, blood vessels	Lady Cilento

Periodicals

Australian Yoga Life, Starting at Issue 1. (2002), some missing

Audio Tapes

No.	Title.	Author.
1.	A course in meditation	Malcolm Strut
2.	A course in meditation	Malcolm Strut
3.	A course in meditation	Malcolm Strut
4.	A course in meditation	Malcolm Strut
5.	A course in meditation	Malcolm Strut
6.	A course in meditation	Malcolm Strut
7.	Howard Kent in Adelaide. April 1987	
8.	Howard Kent in Adelaide. April 1987	
9.	Howard Kent in Adelaide and Michael Volin. April 1987	

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

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.	Paramahamsa 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.	Paramahamsa Satyananda Saraswati
U.	Yoga Nidra for environmental awareness	
V.	Yoga Nidra for pregnancy & General health & wellbeing	Paramahamsa Satyananda Saraswati
W.	Yoga Nidra relaxation	Swami Muktibodhananda Saraswati
X.	Yoga practices for stress and hormonal balance	Paramahamsa Satyananda Saraswati
Y.	Chakra Dharanam Part 1, Dru Meditation	Chris Barrington
Z.	Chakra Dharanam Part 2, Dru Meditation	Chris Barrington
AA.	Yoga Nidra with Andrea King	Andrea King