Mindfulness and Yoga booklist

The Yamas & Niyamas Deborah Adele

(DVD) Restorative yoga practice Deborah Donohue

Full Body Presence Seurlock-Durana

Mindsight Daniel Siegel

Why Zebras Don’t get Ulcers Robert Sapolosky

The Yoga Sutras of Patanjali (Translation and commentary by) Sri Swami Satchidananda

The Sweet Spot Christine Carter

The Wise Heart Jack Cornfield

40 days to Personal Revolution Baron Baptiste

Yoga & Mindfulness Therapy Simpkins

The Mindfulness Toolbox Altman

Relax and Renew Judith Lasater

Mindfulness Based Stress Reduction Workbook - Bob Stahl

Be Here Now - Ram Dass

Full Catastrophe Living - John Kabat-Zinn

Search Inside Yourself - Chade-Meng Tan

The Experience of Insight - Goldstein

Mindfulness - Mark Williams and Danny Penman

Wherever you go, there you are - John Kabat-Zinn

The Miracle of Mindfulness - Thich Nhat Hanh

Awareness - Anthony De Mello

Beginners Mind (audio) Jack Kornfield, Sharon Salzburg, Shinzen Young

The Journey of Awakening - Ram Dass

The Untethered Soul - Singer

Authentic Happiness - Seligman

Loving What is - Byron Katie

The Man Inside My Head - Pico Iyer

The Art of Happiness - The Dalai Llama

Living in Gratitude - Angeles Arrien

Present Moment, Wonderful Moment - Thich Nhat Hanh

The Naked Now Rohr

The Power of Now - Eckhart Tolle

Everyday Blessings - the inner work of mindful parenting - Myla and Jon Kabat-Zinn

10% Happier - Dan Harris

365 Tao - Daily Meditations

Meditations from the Mat - Daily reflections on the path of yoga