

SADIY library collection

Books

Author	Title	Year	Publisher	Item no.
B.K.S. Iyengar	Light on Life	2005	Rodale International Ltd	B1 a/ B1b
B.K.S. Iyengar	Light on Yoga	1991	Thorsons	B2a/ B2b
B.K.S. Iyengar	<i>Light on Pranayama</i>	2004	The Crossroad Publishing Company	B3a/ B3b
B.K.S. Iyengar	<i>Yoga, the Path to Holistic Health</i>	2001	Dorling Kindersley	B4
Geetha Iyengar	<i>Yoga, A Gem for Women</i>	1997	Allied Publishers Private Ltd, Mumbai	B5
Mira Mehta	<i>How to Use Yoga</i>	1994	Anness Publishing Ltd	B6a/ B6b
Mira Mehta	<i>Yoga Explained</i>	2004	Kyle Cathie	B7
T.K.V. Desikachar	<i>The Heart of Yoga</i>	1999	Inner Traditions International	B8
Erich Schiffman	<i>Yoga, The Spirit and Practice of Moving to Stillness</i>	1996	Simon and Schuster Inc.	B9
BKS Iyengar	<i>Light on yoga</i>	1968	George Allen and Unwin (2 nd Ed)	B10
Swami Muktibodhananda	<i>Hatha Yoga Pradipika</i>	1993	Yoga Publications Trust	B11
<i>BKS Iyengar</i>	<i>Yoga Rahasya Vol A. Celebrating the 80th birthday of Yogacharya</i>	1998	Ranyamani Iyengar Memorial Yoga Institute and the Light on Yoga Trust	B12
<i>BKS Iyengar</i>	<i>Yoga Rahasya Vol B. Celebrating the 80th birthday of Yogacharya</i>	1998	Ranyamani Iyengar Memorial Yoga Institute and the Light on Yoga Trust	B13
B.K.S. Iyengar	<i>Light on Astanga Yoga</i>	1999	Yog, Mumbai	B14
Iyengar, Geeta	<i>Yoga in Action for Beginners</i>		Yog, Mumbai	B15
Moorhouse, Geoffrey	<i>OM: an Indian Pilgrimage</i>	1993	Hodder & Stoughton	B16
Gopi Warriar and Deepika Gunawant	<i>The Complete illustrated guide to Ayurveda. The ancient Indian healing tradition</i>	1997	Element Books Ltd. Dorset	B17
B.K.S. Iyengar	<i>Light on the yoga sutras of Patanjali</i>	1993	Harper Collins, India.	B18
De Michelis, Elizabeth	<i>A history of modern yoga</i>	2005	Continuum, London	B19
Leboyer, Frederick	<i>Inner Beauty, Inner Light</i>	1979	Collins, London	B20

Author	Title	Year	Publisher	Item no.
Mitchell, Emma	<i>A study to explore the best ways to house, organise and loan the SADIYA collection of books, videos and dvds on yoga and suggest ideas to develop and publicise the collection.</i>	2006	unpublished	B21
Mehta, Silva, Mira and Shyam	<i>Yoga the Iyengar way</i>	2006	Alfred A Knopf	B22 A B22 B
The Yoga Place	<i>Yoga Kurunta: an exploration in the use of wall ropes for the practice of yoga asanas</i>	2001 (revised)	The Yoga Place, Wisconsin	B23
Venerable Ajahn Chah	<i>Unshakeable Peace</i>	2003	The Sangha, Wat Pah Nanachat, Thailand	B24
Ajahn Jayasaro	A Buddhist Reflection on the tragedy of September 11		Vibukij Publishing Group	B25
Traudl & Walter Reiner	Yoga for cats	1990	Victor Gollancz	B26
Kalidasa	Sakuntala	1992	The Folio Society	B27
Bhakti-yoga	Swami Vivekananda	1970	Swami Budhananda, India	B28
Zorn, Williamq	Easy yoga exercises	1971	Pelham Books	B29
Hittleman, Richard	Weight control through yoga	1971	Bantam Books	B30
Hari Prasad Shastri	Yoga	1957	Foyles books	B31
Vhagwan Shree Patanjali	Aphorisms of yoga	1973	Faber	B32
BKS Iyengar	Light on Yoga	1968	Unwin	B33
Kevin and Venika Kingsland	Hathapradipika	1977	Grael Communications	B34
Swami Satyananda Saraswati	Asana, Pranayama, Mudra, Bandha	1973	Bihar School of Yoga	B35
Translated by Swami Prabhavananda & Christopher Isherwood	The Song of God Bhagavad-Gita	1951	The Vedanta Society of Southern California	B36
Commentary by Swami Chidbhavananda	The Bhagavad Gita	1974	Sri Ramakrishna	B37
Veronica d'Orazio	Gardener's Yoga	2006	Veronica D'Orazio	B38
Elizabeth Kadetsky	First there is a mountain	2004	Little, Brown & Co	B39
Georg Feuerstein	Encyclopedic dictionary of yoga	1990	Unwin paperbacks	B40

Author	Title	Year	Publisher	Item no.
Ajahn Pasanno	The last breath – a Buddhist reflection	2003	Abhayagiri Buddhist Monastery	B41
Russell Atkinson	Yoga – pocket teacher	1967	Corgi	B42
Richard Hittleman	Guide to yoga meditation	1969	Bantam	B43
Iyengar, BKS	The concise light on yoga	1968	Unwin Paperbacks	B44
Dike, Lesley & Walter, Dina	Body in Action: an introduction to anatomy applied to asana from a physiotherapy perspective	2002	Self published	B45
Iyengar, Geeta, S.	The practice of women during the whole months	2009	Iyengar Yoga Associaton (UK), London	B46
Steinberg, Lois	Geeta Iyengar's guide to a woman's yoga practice. (vol 1)	2006	Lois Steinberg	B47
Iyengar, Geeta, S.	Iyengar Yoga Convention London 2009 pamphlet	2009	Iyengar Yoga Associaton (UK), London	B48
BKS Iyengar	Archive Project 2007 (book on loan from Dominic Batten)	2007	IYNAUS	B49
Grange Books	The Human Body Atlas	2002	Grange Books	B50
BKS Iyengar	<i>Yoga Rahasya Vol A. Celebrating the 80th birthday of Yogacharya</i>	1998	Ranyamani Iyengar Memorial Yoga Institute and the Light on Yoga Trust	B51
BKS Iyengar	<i>Yoga Rahasya Vol A. Celebrating the 80th birthday of Yogacharya</i>	1998	Ranyamani Iyengar Memorial Yoga Institute and the Light on Yoga Trust	B52
BKS Iyengar	<i>Yoga Rahasya Vol B. Celebrating the 80th birthday of Yogacharya</i>	1998	Ranyamani Iyengar Memorial Yoga Institute and the Light on Yoga Trust	B53
BKS Iyengar	<i>Yoga Rahasya Vol B. Celebrating the 80th birthday of Yogacharya</i>	1998	Ranyamani Iyengar Memorial Yoga Institute and the Light on Yoga Trust	B54
	<i>Yoga Rahasya, Volume 17, No 1. ISSN 09736239</i>	2010	Yog, Mumbai	B55
	<i>Yoga Rahasya, Volume 17, No 1. ISSN 09736239</i>	2010	Yog, Mumbai	B56
	<i>Yoga Rahasya, Volume 17, No 1. ISSN 09736239</i>	2010	Yog, Mumbai	B57
	<i>Yoga Rahasya, Volume 17, No 1. ISSN 09736239</i>	2010	Yog, Mumbai	B58
	<i>Yogapushpanjali: Collected Souvenir Articles 1975-1998</i>	1998	Light on Yoga Research Trust, Mumbai	B59
Dr. S. Ravade	Ayurvedic Indian Cooking	1999	International Academy of Ayurveda	B60
V. Lad	Ayurvedic Home Remedies	1998	Piatkus	B61
Anjum Anad	Eat right for your type	2010	Quadrille	B62
	Contes et Legende des Sage		Ass Franc de Iyengar Yoga	B63
Baba Hari Dass	A Chld's Graden	1983	A Sri Rama Publishing	B64
Frederic Leboyer	Inner Beauty, Inner Light		Nrewmarket Press	B65
Kofi Busia	The Gift, the Prayer,the Offering		Oxford Ashram Publishing	B66
B.K.S. Iyengar	<i>Astadala Yogamala Vol. 1</i>			B67
B.K.S. Iyengar	<i>Astadala Yogamala Vol.2</i>			B68

Author	Title	Year	Publisher	Item no.
Sandra Sabatini	Breath, the Essence of Yoga		Thorsons	B69
Yogapushpanjali	Collected Souvenir Articles 1975-1998		Light on Yoga Trust	B70
B.K.S.Iyengar	Core of the Yoga Sutras	2012	Harper Thorsons	B71
Lois Sreinberg	Iyengar Yoga Asana Alternatives The Neck and Shoulder	2010	Parvati Productions	B72
Lois Steinberg	Iyengar Yoga Therapeutics The Lower Back	2002		B73
Eyal Shifroni	A Chair for Yoga	2013		B74
Sophy Hoare	Yoga		Macdonald Guides	B75
Matthew Sandford	Waking	2006	Rodale	B76
Swali Chanchani Rajiv Chanchani	Yoga for Chlden		UBSPD	B77
Geeta Iyengar	Iyengar Yoga for Motherhood		REFERENCE	B78
	Emergency First Aid		REFERENCE	B79
Swami Prabhupada	Bhagadavita	2014		B80
	Yoga Rahasya Vol 13 No 2	2006		B81
	Yoga Rahasya Vol 13 No 1	2006		B 82
Baron Baptiste	My Daddy is a Pretzel	2004	Barefoot Book	B 83
	Guruji		Ramani Iyengar Institute	B84a/ B84B
	The Baghavat Gita	2008	Penguin Classics	B 85
Mini Chandran Kurian	Folk Yatra		Jill the Beanstalk	B86
Jack Santa Maria	Anna Yoga of Food	1978	The Yoga Food Rider & Co	B87
Sri Ramansraman	The Teacher of Bhagavan	2010	Sri Raman Mahrsi	B88
	Yoga Rahasya Vol 14 No 4	2007		B89
	Yoga Rahasya Vol 10 No 1	2003		B90
BKS Iyengar	Yoga Wisdom and Practice	2009	DK	B91 R
L. Kaminoff	Yoga Anatomy	2007	Human Kinetics	B92
M.Pullig Schatz	Back Car Basics	1992	Rodmell Press	B93 R
Bobby Clenell	The Women's Yoga Book	2007	Rodmell Press	B94 R
Ray Long	The Key Muscles of Hatha Yoga	2006	www.BandhaYoga.com	B95 R
G. Iyengar	Iyengar Yoga for Motherhood	2010	Sterling	B96

Author	Title	Year	Publisher	Item no.
G. Iyengar	The Practice of Women during the Whole Month	2009	Iyengar Yoga Associaton UK	B97 R
B K S Iyengar	The Tree of Yoga	2004	Harper Collins	B98 R
V. Grisogono	The Knee – Problems and Prevention	1998	John Murray	B99
Lois Steinberg	The knee	2015		B100 R
B.K.S. Iyengar	Astdala yogamala Vol 3	2012	Allied Publishers	B 101
B K S Iyengar	Astdala yogamala Vol 4	2012	Allied Publishers	B 102
B K S Iyengar	Astdala yogamala Vol 5	2014	Allied Publishers	B103
B K S Iyengar	Astdala yogamala Vol 6	2014	Allied Publishers	B 104
B K S Iyengar	Astdala yogamala Vol 8	2012	Allied Publishers	B 105
BKS Iyengar	Yoga for Sports	2015	Westland td	B106
Ray Long	The Key Muscles of Yoga	2006	www.BandhaYoga.com	B107
Ray Long	Yoga Mat Companions Vol3	2010	Bandha yoga publications	B108
Ray Long	Yoga Mat CompanionsVol4	2010	Bandha yoga publications	B109
G. Iyengar	Preliminary Course	2000	Yog	B110
G. Iyengar	Intermediate Course	2013	Yog	B111
Eyal Shifroni	Props for Yoga Vol1	2015		B112
Eyal Shifroni	Props for Yoga Vol2	2015		B113
Suza Francina	Yoga and the Wisdom of the Menopause	2003	Health Communications	B114
Gitte Bechsgaard	The Gift of Consciousness	2013	Cambridge Scholars Publishing	B115
Prashant Iyengar	A Class after Class	2010	RIMYI	B116
Prashant Iyengar	A Manual of Humanics	2016	New Age Books	B117
Prashant Iyengar	Ashtanga Yoga of Patanjali	2016	New Age Books	B118
Prashant Iyengar	Chittavijnana	2011	YOG	B119
Prashant Iyengar	Fundamentals of Patanjali's Philosophy	2014	YOG	B120
Prashant Iyengar	Alpha and Omega of Trikonasana	2017	RIMYI	B121
Prashant Iyengar	Tuesdays with Prashant	2003	YOG	B122
Elise Browning	Scoliosis			B123

Videos and DVDs:

Author	Title	Date	Type	Publisher	Item no.
Iyengar, Geeta	Overcoming the obstacles to yoga. Iyengar yoga jubilee: General event, asana class.	am 25 th May 2002	video		M1
Iyengar, Geeta	Overcoming the obstacles to yoga. Iyengar yoga jubilee: General event, Pranayama class.	pm 25 th May 2002	video		M2
Iyengar, Geeta	Overcoming the obstacles to yoga. Iyengar yoga jubilee: General event, asana class.	am 26 th May 2002	video		M3
Iyengar, Geeta	Overcoming the obstacles to yoga. Iyengar yoga jubilee: Teachers event, asana class.	am 23 rd May 2002	video		M3
Iyengar, Geeta	Overcoming the obstacles to yoga. Iyengar yoga jubilee: Teachers' event. How to introduce your students to pranayama.	pm 23 rd May 2002	video		M4
Iyengar, Geeta	Overcoming the obstacles to yoga. Iyengar yoga jubilee: Teachers' event. Asana class	am 24 th May 2002	video		M5
Grilley, Paul	Anatomy for yoga	2004	DVD	Pranamaya	M6
Iyengar, Geeta	Overcoming the obstacles to yoga. Iyengar yoga jubilee: Question and answer session	pm 26 th May 2002	video		M6
Iyengar, Geeta	Teacher's training course	7 th August 2000	video	Ramamani Iyengar Memorial Yoga Institute, Pune.	M7
Iyengar, Geeta	Teacher's training course	8 th August 2000	video	Ramamani Iyengar Memorial Yoga Institute, Pune.	M8
Iyengar, Geeta	Teacher's training course	10 th August 2000	video	Ramamani Iyengar Memorial Yoga Institute, Pune.	M9
Iyengar, Geeta	Teacher's training course	11 th August 2000	video	Ramamani Iyengar Memorial Yoga Institute, Pune.	M10
RIMYI and the Light on Yoga Research Trust	Silver Jubilee Year 1975-2000 Tape 1	2000	video	Ramamani Iyengar Memorial Yoga Institute, Pune.	M11

Author	Title	Date	Type	Publisher	Item no.
RIMYI and the Light on Yoga Research Trust	Silver Jubilee Year 1975-2000 Tape 2	2000	video	Ramamani Iyengar Memorial Yoga Institute, Pune.	M12
RIMYI and the Light on Yoga Research Trust	Silver Jubilee Year 1975-2000 Tape 3	2000	video	Ramamani Iyengar Memorial Yoga Institute, Pune.	M13
RIMYI and the Light on Yoga Research Trust	Silver Jubilee Year 1975-2000 Tape 4	2000	video	Ramamani Iyengar Memorial Yoga Institute, Pune.	M14
RIMYI and the Light on Yoga Research Trust	Silver Jubilee Year 1975-2000 Tape 5	2000	video	Ramamani Iyengar Memorial Yoga Institute, Pune.	M15
RIMYI and the Light on Yoga Research Trust	Silver Jubilee Year 1975-2000 Tape 6	2000	video	Ramamani Iyengar Memorial Yoga Institute, Pune.	M16
HH The Dalai Lama	The Good Heart: the 14 th Dalai Lama comments on the four Christian gospels (Vol 2, Mark)	1994	video	Mediimedia Ltd and The Office of Tibet	M17
SADIYA	Light on Yoga Convention	September 1995	video	SADIYA (not published)	M18
RIMYI	Guruji's 80 th Birthday Celebrations: Children's day	6 December 1998	video		M19
Iyengar, Geeta	Overcoming the obstacles to yoga. Iyengar yoga jubilee: Teachers event, asana class.	am 23 rd May 2002	video		M20
Iyengar, Geeta	Overcoming the obstacles to yoga. Iyengar yoga jubilee: Teachers event, asana class.	am 23 rd May 2002	video		M21
Iyengar, Geeta	Overcoming the obstacles to yoga. Iyengar yoga jubilee: General event, asana class.	am 26 th May 2002	video		M22
Iyengar, Geeta	Overcoming the obstacles to yoga. Iyengar yoga jubilee: General event, asana class.	am 25 th May 2002	video		M23
Iyengar, Geeta	Overcoming the obstacles to yoga. Iyengar yoga jubilee: Question and answer session	pm 26 th May 2002	video		M24
Iyengar, Geeta	yog-sadhana Geetaji's 60 th birthday celebration workshop December Pack 1	2004	CD/DVD	Ramamani Iyengar Memorial Yoga Institute, Pune.	M25
Iyengar, Geeta	yog-sadhana	2004	CD/DVD	Ramamani Iyengar Memorial Yoga Institute, Pune.	M26

Author	Title	Date	Type	Publisher	Item no.
	Geetaji's 60 th birthday celebration workshop December Pack 2				
Iyengar, Geeta	yog-sadhana Geetaji's 60 th birthday celebration workshop December Pack 3	2004	CD/DVD	Ramamani Iyengar Memorial Yoga Institute, Pune.	M27
Iyengar, Geeta	yog-sadhana Geetaji's 60 th Birthday celebration workshop December Pack 4	2004	CD/DVD	Ramamani Iyengar Memorial Yoga Institute, Pune.	M28
Iyengar, Geeta	yog-sadhana Geetaji's 60 th birthday celebration workshop December Pack 5	2004	CD/DVD	Ramamani Iyengar Memorial Yoga Institute, Pune.	M29
Paul Grilley	Anatomy for yoga	2001	DVD	Pranayama	M30
Prashant Iyengar	Prashantiji's class Volcano – cooling and soothing - CD1	2004	CD	Ramamani Iyengar Memorial Yoga Institute	M31
Prashant Iyengar	Prashantiji's class Volcano – cooling and soothing – CD2	2004	CD	Ramamani Iyengar Memorial Yoga Institute	M32
Iyengar, Geeta	Yoga Convention, London Day 1	2009	DVD	www.iyengaryoga.org.uk	M33
Iyengar, Geeta	Yoga Convention, London Day 2	2009	DVD	www.iyengaryoga.org.uk	M34
vbgf	Yoga Convention, London Day 3	2009	DVD	www.iyengaryoga.org.uk	M35
Iyengar, Geeta	Yoga Convention, London Day 4	2009	DVD	www.iyengaryoga.org.uk	M36
Iyengar, Geeta	Yoga Convention, London Day 5	2009	DVD	www.iyengaryoga.org.uk	M37
Iyengar, Geeta	Yoga Convention, London Day 6	2009	DVD	www.iyengaryoga.org.uk	M38
Iyengar, Geeta	Yoga Convention, London Day 7	2009	DVD	www.iyengaryoga.org.uk	M39

Author	Title	Date	Type	Publisher	Item no.
Aditi Makim & Valentina Trivedi	Leap of Faith	2008	DVD	Different Strokes Communications PVT Ltd	M40
Julie Brown	Practice and Enjoy	2011	DVD		M41
Julie Brown	Practice and Enjoy	2011	DVD		M42
Geeta Iyengar	22 nd May 2009	2011	CD		M43
Alison Trewhela A. Semlyn	Yoga for Healthy Lower Backs	2012	CD		M44
A.Trewhela A. Semlyn	Yoga for Healthy Lower Backs	2012	CD		M45
Geeta Iyengar	Iyengar Therapy Teacher Convention Ohio 2010	2010	DVD		M46
Firooza Ali	Introduction to Yoga Sutras	2011	CD		M47
Ravi Shankar	Chants of India		CD		M48

Journals

Title	Issue	Date	Item no
SADIYA Newsletter	Issue 9	May 2005	J1
SADIYA Newsletter	Issue 9	May 2005	J2
SADIYA Newsletter	Issue 10	November 2005	J3
SADIYA Newsletter	Issue 10	November 2005	J4
SADIYA Newsletter	Issue 11	May 2006	J5
Iyengar Yoga News	Issue 4	Winter 2003	J5
Iyengar Yoga News	Issue 4	Winter 2003	J6
SADIYA Newsletter	Issue 2	November 2001	J7
SADIYA Newsletter	Issue 2	November 2001	J8
SADIYA Newsletter	Issue 3	May 2002	J9
SADIYA Newsletter	Issue 3	May 2002	J10
SADIYA Newsletter	Issue 4	November 2002	J11
SADIYA Newsletter	Issue 4	November 2002	J12
SADIYA Newsletter	Issue 5	May 2003	J13
SADIYA Newsletter	Issue 5	May 2003	J14
SADIYA Newsletter	Issue 6	November 2003	J15
SADIYA Newsletter	Issue 6	November 2003	J16
SADIYA Newsletter	Issue 7	May 2004	J17
SADIYA Newsletter	Issue 8	May 2004	J18
SADIYA Newsletter	Issue 12	November 2006	J19
SADIYA Newsletter	Issue 12	November 2006	J20
SADIYA Newsletter	Issue 13	June 2007	J21
SADIYA Newsletter	Issue 13	June 2007	J22