

SADIYA library collection

Books:

| Author | Title | Year | Publisher | Item no. |
|-----------------------|---|------|---|----------|
| B.K.S. Iyengar | Light on Life | 2005 | Rodale International Ltd | B1 |
| B.K.S. Iyengar | Light on Yoga | 1991 | Thorsons | B2 |
| B.K.S. Iyengar | <i>Light on Pranayama</i> | 2004 | The Crossroad Publishing Company | B3 |
| 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 | B6 |
| 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 |
| 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 | B12 |
| 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 | 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 |

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|-----------------------------------|--|-------------------|--|-----|
| Gopi Warrier 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 |
| 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 | 2006 | unpublished | B21 |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 |
| 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 | Hathapradipika | 1977 | Grael Communications | B34 |

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|---|--|------|--|-----|
| Kingsland | | | | |
| 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 |
| 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 Association (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 Association (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 |

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|--------------------|---|------|---|-----|
| <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 | B51 |
| <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 | B52 |
| <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 | B53 |
| <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 | 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 |

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 |

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|--|--|------------------------------|-------|---|-----|
| 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 |
| 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 | Mediamedia 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. | am 26 th May | video | | M22 |

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|------------------|--|------------------------------|--------|---|-----|
| | Iyengar yoga jubilee: General event, asana class. | 2002 | | | |
| 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 Geetaji's 60 th birthday celebration workshop December Pack 2 | 2004 | CD/DVD | Ramamani Iyengar Memorial Yoga Institute, Pune. | M26 |
| 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 – | 2004 | CD | Ramamani Iyengar Memorial Yoga Institute | M32 |

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|---------------------------------|-------------------------------|------|-----|--|-----|
| | CD2 | | | | |
| 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 |
| Iyengar, Geeta | 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 |
| Aditi Makim & Valentina Trivedi | Leap of Faith | 2008 | DVD | Different Strokes Communications PVT Ltd | M40 |

Journals:

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|-------------------|----------|---------------|-----|
| 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 |

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|-------------------|----------|---------------|-----|
| 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 |

November 2009