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Resources:

Web Sources:

Yoga Basics At:
www.yogabasic.com

Center for Healthy Living At:
www.yogachi.com

Yoga Peeps At
www.yogapeeps.com

Himalayan Institute At:
www.himalayaninstitute.org

Book Sources:

The Bhagavad Gita
By: Ekrath Easwaran

The Yamas & Niyaimas: Exploring Yoga's
By: Deborah Adele

The Yoga Sutras of Pantajali
By: Sri. S. Satchidananda

Local Yoga Classes

Himalayan Institute
952 Bethany Turnpike
Honesdale, Pa 18431