

COMPREHENSIVE
MEDITATION
AND EASY-GENTLE YOGA
ONLINE VIDEO COURSE

READING ASSIGNMENT FOR
The Heart and Science of Yoga[™]

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Founder and Director of the American Meditation Institute

Reading Assignments

FOLLOWING LESSONS 1-7: *The Heart and Science of Yoga*, pages 3-123

FOLLOWING LESSONS 8-15: *The Heart and Science of Yoga*, pages 127-233

FOLLOWING LESSONS 16-19: *The Heart and Science of Yoga*, pages 237-269

FOLLOWING LESSONS 20-21: *The Heart and Science of Yoga*, pages 273-310

FOLLOWING LESSONS 22-23: *The Heart and Science of Yoga*, pages 313-359

FOLLOWING LESSONS 24-35: *The Heart and Science of Yoga*, pages 363-402

FOLLOWING LESSONS 36-39: *The Heart and Science of Yoga*, pages 405-492



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Self-Care for Healthy Living