

## Accompanying literature to the pranayama and meditation seminars with Dr. Shrikrishna Bhushan Tengshe

(Authors are listed in alphabetical order, especially recommended books are marked with ★.)

Author / Editor	Title	Publisher, year	ISBN
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### Pranayama

★ Swami Kuvalyananda	Pranayama	Kaivalyadhama, 2005	978-8190280365
★ Swami Sivananda	The Science of Pranayama	bnpublishing.com, 2008	978-9650060206
Dr. Shrikrishna Bhushan Tengshe	Essence of Pranayama	Kaivalyadhama, 1996	978-8190280310

### Patañjali

★ Swami Hariharananda Aranya	Yoga Philosophy of Patanjali	State University of New York Press, 1983	978-0873957298
★ Surendranath N. Dasgupta	The Study of Patanjali	Forgotten Books, 2010	978-1440068775
Shyam Ranganathan	Patanjali's Yoga Sutra	Penguin, 2008	978-0143102199
Ravi Ravindra	The Wisdom of Patanjali's Yoga Sutras: A New Translation and Guide	Morning Light Press, 2009	978-1596750258
Iqbal K. Taimni	The Science of Yoga: The Yoga-Sutras of Patanjali	Quest Books, 1999	978-8170592112
Salvatore Zambito (editor)	The Unadorned Thread of Yoga: The Yogasutra of Patanjali in English – A Conception of Translations	Yoga-Sutra Institute Press, 1992	978-0978767600

### Classical Indian Texts

Swami Digambarji, Manohar Laxman Gharote	Gheranda Samhita	Kaivalyadhama, 1997	978-8190280334
Swami Digambarji	Hathapradipika of Svatmarama	Kaivalyadhama, 1998	B000WS7JK4
Eknath Easwaran	The Bhagavad Gita	Nilgiri Press, 2007	978-1586380199
Eknath Easwaran	The Upanishads	Nilgiri Press, 2007	978-1586380212
★ Sarvepalli Radhakrishnan	Principal Upanishads	Humanities Press, 1993	978-0391034792
Sarvepalli Radhakrishnan	Bhagavadgita	Unwin Hyman, 1989 Aquarian, 1995	978-0048910295 978-1855384576
Sri Sankaracharya	The Bhagavad Gita with the commentary of Sri Sankaracharya	Samata Books, 2001	978-8185208084
Ambikananda Saraswati	The Katha Upanishad (Sacred Wisdom)	Studio, 2001	978-0670892303

### Philosophy and Mysticism

Surendranath N. Dasgupta	Hindu Mysticism	BiblioLife, 2009	978-0559069963
Surendranath N. Dasgupta	Yoga Philosophy (In Relation to Other Systems of Indian Thought)	Motilal Banarsidass, 1996	978-8120809093
Surendranath N. Dasgupta	A History of Indian Philosophy (Volume 1)	Forgotten Books, 2009 General Books, 2010	978-1152333321
Norbert Elias	The Society of Individuals	Continuum, 2001	978-0826413727
★ Jiddu Krishnamurti	Commentaries on Living	Quest Books, 1994	978-0835603904
★ Gerald James Larson	Classical Samkhya: An interpretation of its History and Meaning	Motilal Banarsidass, 2001	978-8120805033
★ Sri Nisargadatta Maharaj	I Am That	Acorn Press, 1990	978-0893860226
★ Sarvepalli Radhakrishnan	Indian Philosophy (2 Volumes)	OUP India, 1996	978-0195638196 978-0195638202
Ravi Ravindra	Krishnamurti: Two Birds in One Tree	Pilgrims Publishing, 2004	978-8177691627

**Philosophy and Mysticism (continued from page 1)**

K. Lakshmana Sarma	Maha Yoga (or the Upanishadic Lore in the Light of the Teachings of Bhagavan Sri Ramana)	Sri Ramanasramam, 2002	978-8188018208
Arvind Sharma	Advaita Vedanta: An Introduction	Motilal Banarsidass Publishers of India, 2004	978-8120820272
Arvind Sharma	The Philosophy of Religion and Advaita Vedanta: A Comparative Study in Religion and Reason	Pennsylvania State University Press, 1995	978-0271028323
Evelyn Underhill	Mysticism: A Study in the Nature and Development of Man's Spiritual Consciousness	Dover Publications, 2002	978-0486422381
Evelyn Underhill (editor)	The Cloud of Unknowing	BiblioLife, 2008	978-0554393711
Sri Munagala Venkataramiah	Talks with Sri Ramana Maharshi	Sri Ramanasramam, 2006	978-8188018079

**Meditation, Yoga, Psychology and Cognitive Science**

Joseph S. Alter	Yoga in Modern India: The Body between Science and Philosophy	Princeton University Press, 2004	978-0691118734
James H. Austin	Zen and the Brain: Toward an Understanding of Meditation and Consciousness	MIT Press, 1999	978-0262511094
Eknath Easwaran	Passage Meditation: Bringing the Deep Wisdom of the Heart into Daily Life	Nilgiri Press, 2008	978-1586380267
Carl Gustav Jung	The Psychology of Kundalini Yoga	Princeton University Press, 1999	978-0691006765
Swami Rama, Swami Ajaya, Rudolpy Ballentine	Yoga and Psychotherapy: The Evolution of Consciousness	Himalayan Institute Press, 1976	978-0893890360

**Asana**

Manohar Laxman Gharote	Encyclopedia of Traditional Asanas	Lonavla Yoga Institute, 2006	978-8190161725
Manohar Laxman Gharote	Guidelines for yogic practices	Kaivalyadhama, 2007	8190161741
★ Swami Kuvalyananda	Asanas	Kaivalyadhama, 1993	978-8189485047
★ Swami Satyananda Saraswati	Asana Pranayama Mudra Bandha	Bihar School of Yoga, 2008	978-8186336144

**Anatomy, Physiology and Therapy**

★ H. David Coulter	Anatomy of Hatha Yoga: A Manual for Students, Teachers and Practitioners	Body & Breath, 2010	978-0970700612
★ Manohar Laxman Gharote, Maureen Lockhart	The Art Of Survival – A Guide to Yoga Therapy	Unwin Hyman, 1987	978-0041490657
Manmath M. Gharote, Vijay Kant Jha, Parimal Devnath	Therapeutic References in Traditional Yoga Texts	Lonavla Yoga Institute, 2010	978-8190820318
★ Swami Kuvalayananda, S.L. Vinekar	Yogic Therapy: Its Basic Principles and Methods	Central Health Education Bureau, New Delhi, 1971	B0007JCYLM

**Sanskrit**

Swami Digambarji	Yoga Kośa, enlarged edition	Kaivalyadhama, 1991	978-8189485290
Manohar Laxman Gharote	Glossary of the Yoga Texts	Lonavla Yoga Institute, 2008	978-8190161763