

Yoga Off the Mat

Week 1: Read Michael Stone's book, The Inner Tradition of Yoga
Introduction and Chapter One

Optional—Read The Yoga Sutras of Patanjali
Book One and Two

You can read just the Sutras (the one line rule or aphorism) or you can read the Sutras and the commentary.

Week 2: Read Michael Stone's book, The Inner Tradition of Yoga
Chapters 2-8

Week 3: Read Michael Stone's book, The Inner Tradition of Yoga
Chapters 9-14

Week 4: Read Michael Stone's book, The Inner Tradition of Yoga
Chapters 15-20