A guide to selected research materials about the healing practice of yoga

There is no one way to define yoga. It is different things to different people who practice it. Basically yoga is a form of conditioning that seeks to improve the physical, mental and spiritual condition of its practitioner. As the written word means “yoke” or unite in Sanskrit, yoga is meant to link together ones mental, physical and spiritual well-being. This is done through deep breathing and performing a series of postures within a given yoga system. The books referenced in this bibliography focus on various forms of yoga including Hatha and Egyptian. These books are available at the Auburn Avenue Research Library to read for reference and research purposes, however, they cannot serve as a substitute for taking a yoga class under a qualified instructor.
Resources include call numbers, for patrons to easily inquire and obtain resources. Auburn Avenue Research Library maintains non-circulating policies of its collection; however, patrons are able to utilize materials in-house. Suggested search terms and keywords are provided to further guide patron’s research amongst Auburn Avenue Research Library and the Atlanta-Fulton Public Library catalog and digital libraries. The below Boolean Operators (AND, OR, also NOT) are simple words used to maximize search results.

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Books:
*The Art of Feeling Good: The Power of Áse Yoga*
Alston, Robbin  613.7046 ALSTON  Pub Year: 2012

Ashby, Muata  299.31 ASHBY  Pub Year: 1999

*African Origins of African Civilization, Religion, Yoga Mysticism and Ethics Philosophy Volumes 1, 2, 3 – Second Edition*
Ashby, Muata  299.31173 ASHBY  Pub Year: 2005

*African Religion Vol I: Anuian Theology*
Ashby, Muata  299.31 ASHBY  Pub Year: 2001

*B.A.G.H.D.A.D Yoga: a Shift in Consciousness: Fear to Love, War to Peace*
Spencer, Michele M.  B SPENCER  Pub Year: 2013

*Egyptian Yoga: The Philosophy of Enlightenment*
Ashby, Muata  299.31 ASHBY  Pub Year: 2005

*Sacred Sexuality: Ancient Egyptian Tantric Yoga*
Ashby, Muata  299.31 ASHBY  Pub Year: 2003

*Yoga, Meditation and Spiritual Growth For the African American Community*
Devi-Doolin, Daya  613.7046 DEVI DOOLIN  Pub Year: 2014
Online Resources:

Black Yoga Teachers Alliance
https://blackyogateachersalliance.org/

Kemetic Yoga
https://www.kemeticyoga.com/

Suggested Search Terms and Keywords:
- Yoga
- Egyptian AND Yoga
- Kemetic AND Yoga
- Holistic Healing AND Yoga
- Muata Ashby AND Yoga

How to Use Booleans:

Boolean Operators are simple words used to maximize search results.