

## BIBLIOGRAPHIE

« Une once de pratique vaut mieux que des tonnes de théorie » - a dit justement Sivananda!

Néanmoins, pour le chercheur et la chercheuse motivé, engagé sur le chemin du Yoga, il pourrait s'avérer utile de vérifier ses pratiques, de les approfondir, de mieux les comprendre et de se positionner, de nourrir sa flamme et d'avancer ainsi dans sa quête, en se référant à la vaste et inspirante littérature sur le Yoga.

Voici, alors, une liste bibliographique qui nous paraît intéressante.

Il s'agit de textes auxquels nous faisons régulièrement référence et qui sont tous consultables à l'atelier, sur demande !

La bibliographie suivante est structurée autour de grandes thématiques du Yoga –ce qui implique que certains livres peuvent apparaître sous plusieurs catégories. Les voici:

**Bihar School of Yoga**

**Sri Swami Sivananda Saraswati**

**Autres publications de la Divine Life Society**

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**Bouddhisme**

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**Sadhana**

**Anatomie pour le Yoga**

**Yoga thérapie**

**Yoga & Enfants**

**Yoga & Femmes**

**Sanskrit**

**Sujets Divers**

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