



## Required and Recommended Reading Lists

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### READING FOR HOME-STUDY

The first component of the Connected Warriors training is your home-study component. **The required reading is to be completed prior to your in-person practicum training.** Within this information you will find the foundation of and inspiration for the Connected Warriors teaching protocols.

Once you register for your training you will receive your digital copy of the ***Connected Warriors Trauma-Conscious Yoga Training Manual***. The cost of the manual is included in your training fee.

Books, other than the manual, are not included in the training fee and are to be acquired by the participant. All are available for purchase at local booksellers, Amazon.com (please use [smile.amazon.com](https://smile.amazon.com) and select Connected Warriors for donations) and at most local libraries.

In addition, we recommend that anyone who chooses to further pursue working with this population dive deeper into the field of study. There is a significant amount of information available to help add to your knowledge. In addition to the required reading, we have also included a recommended reading list for additional information.

#### Required reading

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- ***Connected Warriors Trauma-Conscious Yoga Training Manual***; Judy Weaver, Mischa Hines, ed.
- ***Best Practices for Yoga with Veterans (Volume 2)***; Yoga Service Council and Carol Horton Ph.D.– Parts 1, Parts 3-5, and Part 6 / Pages 59-61
- ***Overcoming Trauma through Yoga***; Dave Emerson, Elizabeth Hopper – Chapters 1-4 and 7
- ***The Body Keeps the Score***; Bessel Van DerKolk – Parts 1, 2, 4 and Chapter 16

#### Recommended reading

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- ***A Civilian's Guide to the U.S. Military***; Barbara Schading, Richard Schading
- ***When the Body Says No***; by Gabor Maté M.D.
- ***Trauma Stewardship***; by Laura Van Dernoot Lipsky and Connie Burk
- ***The Body Never Lies***; by Alice Miller and Andrew Jenkins
- ***Waking the Tiger: Healing Trauma***; by Peter A. Levine and Ann Frederick
- ***On Combat***; by Dave Grossman and Loren W. Christensen
- ***War of the Soul***; by Edward Tick
- ***The Things They Carried***; by Tim O'Brien
- ***Grunt***; by Mary Roach
- ***Soldier Girls***, by Helen Thorpe
- ***Thank You for Your Service***; by David Finkel
- ***The Principles and Practice of Yoga in Health Care***; by Sat Bir Singh Khalsa and Lorenzo Cohen, Timothy McCall, MD and Shirley Telles