



Nature Care College

2010 COMPULSORY BOOKLIST

(As at November 25, 2010)

* For recommended reading texts, please refer to the module outlines.

ADVANCED AROMATHERAPY

Battaglia S, 2004. *The Complete Guide to Aromatherapy*, 2nd ed. The Perfect Potion

ADVANCED CASE STUDIES

Werbach, Melvyn R (2002) *Case Studies in Natural Medicine*. Third Line Press. ISBN: 1891710028

Berkow R, Beers MH, Bogin RM, Fletcher AJ (1999) *Merck Manual of Medical Information*. Merck Research Laboratories. ISBN: 0911910-87-5

ANATOMY & PHYSIOLOGY – AN INTRODUCTION

Tortora, Derrickson. *Principles of Anatomy and Physiology*. 12th edition.

ANATOMY & PHYSIOLOGY 1A (REGIONAL)

Tortora G. Derrickson B (2006) *Principles of Anatomy and Physiology* 12th edition, John Wiley & Sons Inc

ANATOMY & PHYSIOLOGY 1A (REGIONAL) DISTANCE LEARNING

Nature Care College. *Anatomy & Physiology Distance Education Lecture Notes 1A*.
Tortora, G & Derrickson, B. 2006. *Principles of Anatomy & Physiology*. 12th Edition, John Wiley & Sons Inc.

ANATOMY & PHYSIOLOGY 1B (SYSTEMATIC)

Tortora G. Derrickson B (2006) *Principles of Anatomy and Physiology* 12th edition, John Wiley & Sons Inc

ANATOMY & PHYSIOLOGY 1B (SYSTEMATIC) DISTANCE LEARNING

Nature Care College. *Anatomy & Physiology Distance Education Lecture Notes 1B*.
Tortora, G & Derrickson, B. 2006. *Principles of Anatomy & Physiology*. 12th Edition, John Wiley & Sons Inc.

ANATOMY & PHYSIOLOGY 1C (APPLIED)

Tortora G. Derrickson B (2006) *Principles of Anatomy and Physiology* 12th edition, John Wiley & Sons Inc

ANATOMY & PHYSIOLOGY 1C (APPLIED) DISTANCE LEARNING

Nature Care College. *Anatomy & Physiology Distance Education Lecture Notes 1C*.
Tortora, G & Derrickson, B. 2006. *Principles of Anatomy & Physiology*. 12th Edition, John Wiley & Sons Inc.

Nature Care College Pty Ltd – ABN 77 105 282 264

46 Nicholson Street St Leonards NSW 2065 Tel: +61(2) 9438 3333 Fax: +61(2) 9436 0503
email: info@naturecare.com.au website: www.naturecare.com.au

ANATOMY & PHYSIOLOGY 2

Tortora G. Derrickson B (2006) *Principles of Anatomy and Physiology* 12th edition, John Wiley & Sons Inc

ANATOMY & PHYSIOLOGY 2A DISTANCE LEARNING

Tortora, G & Derrickson, B. 2006. *Principles of Anatomy & Physiology*. 12th edition, John Wiley & Sons Inc.

ANATOMY & PHYSIOLOGY 2B DISTANCE LEARNING

Tortora, G & Derrickson, B. 2006. *Principles of Anatomy & Physiology*. 12th Edition, John Wiley & Sons Inc.

ANATOMY & PHYSIOLOGY 2C DISTANCE LEARNING

Tortora, G & Derrickson, B. 2006. *Principles of Anatomy & Physiology*. 12th Edition, John Wiley & Sons Inc.

AROMATHERAPY FOR COMPLEX NEEDS

AROMATHERAPY STUDIES – An Introduction

Battaglia S, 2004. *The Complete Guide to Aromatherapy*, 2nd ed. The Perfect Potion.

AROMATHERAPY STUDIES - AN INTRODUCTION - DISTANCE LEARNING

Battaglia S. 1995 *The Complete Guide to Aromatherapy*. Virginia, The Perfect Potion

AROMATHERAPY TECHNIQUES 1

Battaglia S. 2004. *The Complete Guide to Aromatherapy*, 2nd ed. The Perfect Potion.

AROMATHERAPY TECHNIQUES 2

Battaglia S. 2004. *The Complete Guide to Aromatherapy*, 2nd ed. The Perfect Potion..

ASANA (POSTURES) LEVEL 1

Iyengar, B. 1993. *Light on Yoga*, Thorsons, London.

Farhi, D. *Yoga Mind Body Spirit: A Return to Wholeness*, Holt Paperbacks.

ASANA (POSTURES) LEVEL 2

Farhi, D. *Yoga Mind, Body of Spirit*, Newleaf

Aldous, S. *Anatomy and Asana*, Eastland Press.

Iyengar BKS. *Light on Yoga*

ASTROLOGY 1

Parampara, Porteous C. 2000. *Star Lore - A Beginner's Guide to Astrology*. Self published.

ATTACHMENT, ADDICTIONS & CHANGE

AYURVEDIC KITCHEN HERBS

Dr. Vasant Lad and Dr. David Frawley, *The Yoga of Herbs*, Lotus Press
Bhagwan Dash and Manfred Junius, *A Handbook of Ayurveda*, Concept Publishing Company

AYURVEDIC PSYCHOLOGY & YOGA THERAPY

Ayurveda and the Mind, David Frawley, Lotus Press, Winsconsin, 1996..

BABY MASSAGE

Infant Massage Handbook, Vimala McClure

BACH FLOWER REMEDIES

Dr Edward Bach *The Essential Writings of Dr Edward Bach*. Vermillion 2005
Barnard JA, 1979. *Guide to the Bach Flower Remedies*. C.W. Daniel, Essex, England.
Weeks N, 1973. *Medical Discoveries of Edward Bach*. C.W. Daniel, Essex, England.

BACH FLOWER REMEDIES – DISTANCE LEARNING

Bach E, 2005. *The Essential Writings of Dr Edward Bach*. Vermilion, UK.
Barnard J, 1979. *A Guide to the Bach Flower Remedies*. C.W. Daniel, Essex, England.
Weeks N, 1973 *Medical Discoveries of Edward Bach*. C.W. Daniel, Essex, England

BACH FLOWER REMEDIES 2

Chancellor, P.M., 2000. *Illustrated Handbook of the Bach Flower Remedies*, Saffron Walden, Great Britain.

BIOCHEMISTRY

Bettelheim & March. 2004. *Introduction to General, Organic & Biochemistry*. 8th Edition.
Thomson

BIOCHEMISTRY – DISTANCE LEARNING

Baynes J & Dominiczak M. *Medical Biochemistry*. 2nd ed. Mosby; 2004

CARE FOR LOSS & GRIEF

Robert Neimeyer, *Lessons of Loss, A Guide to Coping*, Centre for Grief Education, Inc VIC 2000

CASE MANAGEMENT IN CONTEXT

CHEMISTRY

Bettelheim & March. 2004. *Introduction to General, Organic & Biochemistry*. 8th Edition.
Thomson

CHEMISTRY – DISTANCE LEARNING

Bettelheim & March 2004. *Introduction to General, Organic & Biochemistry* 8th Edition.

Thomson

CHEMISTRY & PHARMACOLOGY OF ESSENTIAL OILS

Clarke, S. 2002. *Essential Chemistry for Safe Aromatherapy*. Churchill Livingstone.

Battaglia S. 2004 *The Complete Guide to Aromatherapy* 2nd ed. The Perfect Potion

CHEMISTRY & PHARMACOLOGY OF ESSENTIAL OILS – DISTANCE LEARNING

Clark S. 2002, *Essential chemistry for Safe Aromatherapy*. Churchill Livingstone

CLINICAL AROMATHERAPY

Battaglia, S. 2004 *The Complete Guide to Aromatherapy*, 2nd ed. The Perfect Potion.

CLINICAL STUDIES – NUTRITION

Pizzorno JE, Murray MT, Joiner-Bey H. *The Clinician's Handbook of Natural Medicine*. London: Churchill Livingstone; 2008

Osiecki H. *The Physician's Handbook of Clinical Nutrition*. 7th ed. Eagle Farm: Bioconcepts; 2006.

Students will be required to seek out further appropriate reference material for the cases with which they are presented.

COACHING APPLICATIONS

Whitworth, L., Kimsey-House, H. & Sandahl. 1998. *Co-Active Coaching: New Skills for Coaching People Toward Success in Work and in Life*, Palo Alto, Ca, Davies- Black.

COMMUNICATE WITH CLIENTS

COUNSELLING AND THE THERAPEUTIC RELATIONSHIP

COUNSELLING 1A

Geldard D. *Basic Personal Counselling* Prentice Hall. (Latest edition)

COUNSELLING 1B

No further text required

COUNSELLING THEORIES

Gerald Corey : *Theories and Practice of Counseling & Psychotherapy*. 7th Edition. 2005

CREATIVE EXPRESSION AS HEALING

Cassou M & Cubley S, 1995. *Life, Paint & Passion*. Tarcher Putnam.

CURRENT ISSUES IN HEALTHCARE

There are no set texts or references in this subject. However, students will be required to use a range of current journals and other publications in the library at Nature Care College, and consult newspapers and websites. This subject places an emphasis on research using the Internet.

EMOTIONAL DEVELOPMENT AND HEALING

Ruskan, J. (1998) *Emotional Clearing*. Rider Books, Random House, London
Johnson, R.A., (1991) *Owning your own Shadow*, Harper, San Fransisco

EMOTIONAL HEALTH & HEALING

Ruskan, J., (1998) *Emotional Clearing*, Rider Books, Random House, London
Johnson, R.A., (1991) *Owning your own Shadow*, Harper, San Fransisco

ENERGETIC HEALING IN PRACTICE 2

Angelo, J. *Spiritual Healing*
Landsdowne PH.D., *The Chakra & Esoteric Healing*

ENERGETIC PRACTICUM & REVIEW

Standard texts for core subjects and electives

ETHICS, CULTURAL DIVERSITY AND REFERRAL

Corey, Gerald *Theories and Practice of Counselling and Psychotherapy*, 7th ed. 2005, Brooks/Cole, US

EXPLORING THE TRANSPERSONAL & HEALING

Cornell, A, 1996. "*The Power of Focusing: A Practical Guide to Emotional Self-Healing*", Oakland, CA, New harbinger Publications.

FENG SHUI

Roxanne. 2004. *Feng Shui – A Practical and easy Guide*. Feng Shui Laws

FOOD FUNDAMENTALS

Murray M. *The complete book of juicing*. Three Rivers Press USA 1998
Stanton R. (Consultant Nutritionist) *Reader's Digest Foods that harm foods that heal: An A-Z guide to safe and healthy eating* 2nd edition. Reader's Digest Australia Pty Ltd 2007.

HERBAL MEDICINE 1A –INTRODUCTION

Bartram, T. 2002. *Bartram's Encyclopaedia of Herbal Medicine*. Marlowe & Co
Griggs, B. 1997. *Green Pharmacy*. Healing Arts Press. USA.

HERBAL MEDICINE 1A – INTRODUCTION – DISTANCE LEARNING

Bartram, T. *Bartram's Encyclopaedia of Herbal Medicine*. Marlowe & Co; 2002
Griggs, B. *Green Pharmacy*. USA: Healing Arts Press; 1997
Van Wyk, B.E. & Wink, M. *Medicinal Plants of the World*. Briza Publications; 2004

HERBAL MEDICINE 1B: BOTANY

Wohlmuth H, 2001. *Plants and Plant Form - An Illustrated Guide* (currently out of print)

HERBAL MEDICINE 1C - MANUFACTURING

Adams J, Tan E. 1999. *Herbal Manufacturing*. Self published

HERBAL MEDICINE 2A – THERAPEUTICS

Compulsory:

Braun, L & Cohen M, 2004. *Herbs & Natural Supplements*. Churchill Livingstone. 2nd ed.
Mills, Simon & Bone, Kerry *Principles & Practices of Phytotherapy* Churchill Livingstone 2000

Strongly recommended for purchase

Davidson's Principles and Practice of Medicine. Current ed, Edited by Macleod J, Edwards C, Bouchier I. Churchill Livingstone, Edinburgh OR

Porth C, *Pathophysiology 2005: Concepts of Altered Health States*. 16th Edition. Lippincott, Philadelphia.

Berkow M, *Merck Manual*. 17th Edition. Merck Sharpe & Dohme, USA.
(available online at: www.merck.com)

HERBAL MEDICINE 2B – PHARMACOGNOSY

Wohlmuth H, 1998. *Pharmacognosy and Medicinal Plant Pharmacology Student Manual*. Planta Medica.

HERBAL MEDICINE 2C – FEMALE REPRODUCTIVE SYSTEM

Trickey, Ruth. *Women, Hormones and the Menstrual Cycle*, 2nd Edition. Allen & Unwin, Sydney, 2003.

HERBAL MEDICINE 3 - THERAPEUTICS

Mills, Simon & Bone, Kerry *Principles & Practices of Phytotherapy* Churchill Livingstone 2000
Weiss R, 2000. *Herbal Medicine*. 2nd ed. Thieme Medical Publishers, Stuttgart.

HERBAL MEDICINE 4 – DISTANCE LEARNING

Boik, J. *Natural Compounds in Cancer Therapy*, Oregon Medical Press, Princeton, Minnesota 2001

HERBAL MEDICINE 5 – DISTANCE LEARNING

Trickey R, 2003. *Women, Hormones and the Menstrual Cycle. Herbal and medical solutions from adolescence to menopause*. Second Edition. Allen & Unwin, Sydney

HOMOEOPATHIC CASE MANAGEMENT

Those textbooks currently used as compulsory for Symptomatology & Diagnosis, Pathology and Anatomy & Physiology.

MIMS Companion, 2000 onwards

HOMOEOPATHY 1

Phatak SR. *Materia Medica of Homoeopathic Medicines*.

OR

Vermeulen F, 1997. *Concordant Materia Medica*. 2nd ed.

Schroyens F. *Synthesis, Repertorium Homoeopathicum Syntheticum*. 7th edition onwards

HOMOEOPATHY 2

Phatak SK, 1977. *Materia Medica of Homoeopathic Medicine*.

OR

Vermeulen F, 1997. *Concordant Materia Medica*. 2nd ed.

Schroyens F, *Synthesis, Repertorium Homoeopathicum Syntheticum*. 7th ed onwards.

HOMOEOPATHY 3

Schroyens, F. *Syntheses Repertorium*, 7th Edition or later. (Or Dr Frederick Schroyens, *The Essential Synthesis*

Hardback - ISBN 0 9522744-18 Soft back - ISBN 0 9522744-26

Vermuelen, F. *Concordant Materia medica* 2nd Edition 1997 or later. ISBN 90-76189-02-1

Hahnemann. S. *Organon of Medicine* - Translated (5 & 6th Ed) by R. E. Dudgeon (B. Jain - Indian publication)

Hahnemann, S. '*Materia medica Pura*' (2 Vol's) (B. Jain -Indian publication)

Hahnemann, S. '*The Chronic Diseases*' (2 Vol's) (B. Jain -Indian publication)

HOMOEOPATHY 4

Hahnemann S. *Organon of the Medicine*. 5th and 6th ed. Translated by Dudgeon.

Watson Ian. *A Guide to the Methodologies of Homoeopathy*.

Sankaran R. *The Substance of Homoeopathy*.

Schroyens F. *Synthesis Repertorium*. 7th edition or later.

Vermeulen F. *Concordant Materia Medica*.

Compton-Burnett J. *Curability of Tumours*. (currently out of print)

Compton-Burnett J. *Organ Diseases of Women*. (currently out of print)

HOMOEOPATHY 5

Sherr, J., *The Dynamics and Methodology of Homoeopathic Proving*s

Herscu, P., *Proving*s Vol I and II

Gray, A. *Experience of Medicine* Volume 1.

Wier, M., 2007. *Complementary Medicine, Ethics and Law*. Prometheus Publishers, QLD

INTRODUCTION TO NUTRITION

McGuire M, Beerman K A. *Nutritional Sciences - From Fundamentals to Food*. Thomson Wadsworth, 2007

INTRODUCTION TO ORIENTAL HEALING

Kaptchuk T, 1994. *Chinese Medicine - The Web That Has No Weaver*. 11th ed. Random House, Sydney

INTRODUCTION TO THE HOLISTIC PERSPECTIVE

IRIDOLOGY

Jensen B, 1980. *Iridology Simplified*. Iridologists International, USA.

Tart-Jensen E. *Through the Eyes of the Masters: A History of Iridology*. Birmingham, AL:

Natural Reader Press: 2007

Iriscope — (these can be purchased from Nature Care College Shop – The Emporium)

Slides and photograph of own iris (taken in term 1) during class

Jensen Iris Chart

KINESIOLOGY FUNDAMENTALS TOUCH FOR HEALTH 1

Thie, John., "Touch For Health" Book 1, International Kinesiology College of Zurich

KINESIOLOGY – SYSTEMIC BALANCE

Bablis, Arthur., "*Kinesiology – Psychological Balance*". Nature Care College Text 2007
(Currently in production)

MEDITATION 1

Monaghan and Viereck, 1999. *Meditation: The Complete Guide*. New World Library.

MERIDIANS

1980. Essentials of Chinese Acupuncture. Foreign Press, Beijing.

OR

Deadman P, 1998. Manual of Acupuncture. Journal of Chinese Medicine Publication.

AND

Kaptchuk T, 1998. The Web That Has No Weaver. 11 ed. Random House

NATURES ESSENCES

Small, Wright M, *Flower Essences: Reordering our Understanding and Approach to Illness and Health*, Perelandra Ltd, Warrenton, VA, 1988

NATUROPATHIC DIAGNOSIS

Weatherby D. and Ferguson S. 2002. *Blood chemistry and CBC analysis; clinical laboratory testing from a functional perspective*.

Pagana K.D. and Pagana T.J. 2007. *Mosby's diagnostic and laboratory test reference*. 8th edition.

NUTRITION 1

Rolfes SR, Pinna K Whitney E. *Understanding normal and clinical nutrition*. 8th Ed. Wadsworth, Cengage Learning 2009

NUTRITION 1C – DISTANCE LEARNING

Rolfes SR, Pinna K Whitney E. *Understanding normal and clinical nutrition*. 8th Ed. Wadsworth, Cengage Learning 2009

NUTRITION 2

Higdon, J. 2003. *An Evidence Based Approach to Vitamins and Minerals*. Thieme International OR Updatedonline version available from: <http://lpi.oregonstate.edu>

NUTRITION 3

Pizzorno JE, Murray MT, Joiner-Bey H. *The Clinician's Handbook of Natural Medicine*. London: Churchill Livingstone; 2008

Osiecki H. *The Physician's Handbook of Clinical Nutrition*. 7th ed. Eagle Farm: Bioconcepts; 2006.

Highly Recommended Reading:

Higdon, J. *An Evidence Based Approach to Vitamins and Minerals*. Thieme International. 2003.

NUTRITION ACROSS THE LIFESPAN

Nutrition across the lifespan Distance learning workbooks
Brown J.E. Nutrition Through the Lifecycle. 3rd ed. Thompson Wadsworth; 2008

ORIENTAL DIAGNOSIS 1

Kaptchuk T, 1998. *Chinese Medicine - The Web That Has No Weaver*. Random House, UK

ORIENTAL THERAPIES IN PRACTICE

Beresford-Cooke Carol. *Shiatsu Theory & Practice*. Churchill & Livingstone

PHARMACOLOGY

Bryant, B., Knights, K. and Salerno E, 2nd Edition. (2007). *Pharmacology for Health Professionals*. Sydney: Mosby

PHYSICAL EXAMINATION AND INTEGRATED PATHOLOGY

Pletikosa, Zoran. 2004. *Physical Examination Module Notes*

PRANAYAMA (Yogic Breathing)

Satyananda S, 1996. *Asana, Pranayama, Mudra, Bandha*. Bihar Yoga Bharati, Bihar.

Desikachar T, 1996. *The Heart of Yoga*. Inner Traditions, Vermont.

Iyengar, BKS 1918, *Light on Pranayama: The Yogic Art of Breathing* The Crossroad Publishing Company

PROFESSIONAL STUDIES

Medhurst R (2002) *The Business of Healing: A Guide to Practice Establishment & Practice Management for Non-Medical Healthcare Professionals*. Brauer Natural Medicine, Tanunda. 1st Edition. ISBN 0958079803

REIKI MASTER

Stiene, Bronwen and Frans, *The Japanese Art of Reiki*, Winchester, UK, 2005

REMEDIAL MASSAGE 1

Tuchtan, C, Tuchtan V & Stelfox D. 2004. *Foundation of Massage 3rd ed*. Churchill Livingstone.

REMEDIAL MASSAGE 2

Tuchtan, C, Tuchtan V & Stelfox D. 2004. *Foundation of Massage 3rd ed*. Churchill Livingstone.

RESEARCH PERSPECTIVES IN NATURAL MEDICINE

Creswell JW (2003) *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches*. Sage Publications

RESEARCH PROPOSAL

Kane M (2004) *Research Made Easy in Complementary & Alternative Medicine*. Churchill Livingstone.

SAFE PRACTICES

Nature Care College - Safe Practices - Student Guidelines is included with the course.

SHIATSU 1

Beresford-Cooke, C. *Shiatsu Theory & Practice*. Churchill & Livingstone

SPECIFIC SHIATSU THERAPY

Beresford - Cooke Carol. *Shiatsu Theory and Practice*. Churchill & Livingstone

SUBTLE ANATOMY 1

Harper, J. 2000 *Nine Ways to Body Wisdom*, Thorsons. Great Britain (currently out of print)

SUBTLE ANATOMY 2

Myss, C. 1996 *Anatomy of the Spirit*. Bantam Books. Sth Australia

SWEDISH MASSAGE

Tuchtan, C, Tuchtan V & Stelfox D. 2004. *Foundation of Massage 3rd ed*. Churchill Livingstone.

SYMPTOMATOLOGY & DIAGNOSIS AND PATHOLOGY 1

Porth C, Matfin G. Pathophysiology. 2005. *Concepts of Altered Health States*. 8th Edition. Lippincott, Philadelphia.

Strongly recommended for purchase:

Mosby, 2002, *Mosby's Medical, Nursing & Allied Health Dictionary*. Mosby, USA. Or similar dictionary.

Berkow R, *Merck Manual*. 17th Edition, Merck Sharpe & Dohme, USA.

OR

Huether S, McLance K, *Understanding Pathophysiology*. Mosby. USA.

Rowley N, 1998. *Hands On*. Hodder and Stoughton, Great Britain.

Or

Bates B & Hoekelman, RA. 1987. *A Guide to Physical Examination and History Taking*. 4th ed. Lippincott, Philadelphia, USA.

SYMPTOMATOLOGY & DIAGNOSIS AND PATHOLOGY 1 DISTANCE LEARNING

Porth, C. Matfin G. Pathophysiology - Concepts of Altered Health States. 8th ed. UK: Lippincott, Williams & Wilkins; 2005

SYMPTOMATOLOGY & DIAGNOSIS AND PATHOLOGY 2

Porth C, Matfin G. *Pathophysiology - Concepts of Altered Health States*. 8th ed. Lippincott, Philadelphia, USA.

Strongly recommended for purchase:

Bates BA, 1999. *Guide to Physical Examination and History Taking*. 7th Edition or most recent edition. Lippincott, Philadelphia, USA.

Krayton M, 1991. *The Complete Patient History*. 2nd Edition. McGraw Hill. (OUT OF PRINT)

OR

Berkow R, 1999. *Merck Manual. Most Current Edition*. Merck Sharpe & Dohme, USA.

OR

Huether S, McLance K, 2003. *Understanding Pathophysiology*. 3rd Edition. Mosby, USA.

Mosby's Dictionary of Medicine, Nursing & Health Professions. 1st Australian and New Zealand Edition. ISBN 0 7295 3754 4. Or similar dictionary

SYMPTOMATOLOGY & PATHOLOGY BODYWORKERS

Werner R. & Benjamin BE. 2005. *A Massage Therapist's Guide to Pathology*, Lippincott, Williams & Wilkins

THEORIES OF COUNSELLING

Gerald Corey: *Theory and Practice of Counselling and Psychotherapy*
Book of readings

TRANSPERSONAL COUNSELLING IN PRACTICE

Weiser Cornell, Ann (Phd), (1996), *The Power of Focusing A Practical Guide to Emotional Self-Healing*. New Harbinger Publications, CA

TRANSPERSONAL COUNSELLING AND THERAPY

Nature Care College '*Readings: Transpersonal Counselling & Therapy*' (Paul Perfrement).
Nature Care College *Transpersonal Counselling & Therapy Workbook*

TRANSPERSONAL PSYCHOLOGY & HEALING

Cornell, A1996 *The Power of Focusing: A Practical Guide to Emotional Self-Healing*. New Harbinger PublicationsOakland, CA,

UNDERSTANDING LOSS & GRIEF

Robert Neimeyer, *Lessons of Loss, A Guide to Coping*, Centre for Grief Education, Inc VIC 2000

YOGA CLASSES FOR SPECIAL NEEDS

Kraftson w, G. (1999) *Yoga for Wellness*, Penguin Compass, USA

Iyengar, BKS 2001 *Yoga - The Path to Holistic Health, DK Book*

Mohan AG and Mohan, Indra 2004 *Yoga Therapy – A guide to the therapeutic use of Yoga and Ayurveda for health and fitness*, Shamballa Press

YOGIC ETHICS & LIFESTYLE PRACTICES

YOGIC PHILOSOPHIES

YOGIC PHYSIOLOGY

Satyananda S, 1996. *Asana, Pranayama, Mudra, Bandha, Bihar*. Yoga Bharati, Bihar.

ZEN SHIATSU plus Tutorials

Beresford-Cooke Carol. *Shiatsu Theory & Practice*. Churchill & Livingstone

Masunaga S, 1977. *Zen Shiatsu*. Japan Pub, Tokyo.