

# Suggested reading list for the Herbalism and Yoga program

*The suggested reading list is not a requirement for the retreat but rather a resource to enhance your knowledge and deepen your experience. These books offer valuable insights, and we will reference them throughout our time together. Feel free to explore them at your own pace!*

The magic of findhorn : An eyewitness account by Paul Hawken

The secret power of yoga by Nischala Joy Devi

African-American herbalism by Lucretia VanDyke

Medicinal plants of Costa Rica by Ed Bernhardt

The Art and Practice of Spiritual Herbalism by Karen M. Rose