



Easton Yoga School  
200hr Yoga Teacher Training

## Healthy Eating Resources

### Books:

Omnivores Dilemma, Michael Pollan  
In Defense of Food, Michael Pollan  
Food Rules, Michael Pollan  
Women, Food and God, Geneen Roth  
Food Matters, Mark Bittman  
Savor, Thich Nhat Hahn & Dr. Lilian Cheung

### Movies:

Hungry For Change  
Forks Over Knives  
Fat Sick and Nearly Dead  
Food Matters  
Food Inc