the Satipatthana Sutta (Majjhima Nikāya 10 translated in the Middle Length Discourses of the Buddha) and the Mahāsatipațțāna Sutta (Dīgha Nikāya 22, translated in Dialogues of the Buddha volume 2) are often seen as foundational texts for meditation practice. Whether they are sufficient instruction without a teacher you will have to determine.