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Psychotherapist and yoga teacher Stephen Cope is senior scholar in his first book, Yoga and the Quest for the True Self, an exploration of yoga He is currently working on a book about raja yoga, forthcoming in 2001.

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We even have "Yoga in A Chair" for those who can't or just don't want to get down on the floor. to the book "Yoga and the Quest for the True Self" by Stephen Cope pages 273-289. He taught at a Chopra Center seminar I attended in 2001.

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“it's all good” | the new yorker

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Teacher Name: Maritza Hartnett. Practicing Yoga Since: 2001 Yoga book you recommend: “Yoga and the Quest for the True Self” by Stephen Cope and of course “Life of Pi” by Yann Martel. Oh, and “Women who Run with

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