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Stephen Cope has lived and taught at the Kripalu Center for Yoga and Health in Lenox, Massachusetts, for ten
years. He is presently Scholar-in-Residence there.

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Yoga and the quest for inner unity

"Yogas chitta vritti nirodah," proclaimed Patanjali in the opening of the Yoga Sutras, translated to, "Yoga is the control of the modifications of the mind."

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Stephen Cope. Stephen Cope, MSW, He is the author of several best-selling books, including Yoga and the Quest for the True Self; The Wisdom of Yoga;

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