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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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"We are not who we think we are," Stephen Cope writes in the introductory pages of his book, "our true self remains deeply hidden, incognito, submerged beneath a web

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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