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Drawing on the vivid stories of practitioners at the largest yoga center in America, where he has lived and taught for more than ten years, Stephen Cope describes the philosophy, psychology, and practice of yoga--a practical science of development that urges us not to transcend or dissolve the self, but rather to encounter it more deeply.

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Practical Yoga Psychology: Dr Rishi Vivekananda

THE PHILOSOPHY, PSYCHOLOGY AND PRACTICE OF YOGA By SRI SWAMI CHIDANANDA Sri Swami Sivananda Founder of The Divine Life Society SERVE, LOVE, GIVE, PURIFY, MEDITATE, REALIZE ... because Yoga is a practical science of Self-realisation and Abhyasa is the very essence of this science. You learn in order to live, to do.

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CHAPTER IV THE PSYCHOLOGY OF YOGA Yoga, one among the six orthodox schools of Indian philosophy, is essentially a soteriological discipline that has been generally accepted by other schools like Buddhism. Patanjali, the founder of the Yoga system, is not the originator of the tradition of Yoga.

CHAPTER IV THE PSYCHOLOGY OF YOGA - Shodhganga

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Yoga Psychology and Psychotherapy – Theory and Practice

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Yoga Psychology Today. Adapted from Integral Yoga Magazine (2012). Foundations of Yoga Psychology. The philosophical approach to Yoga psychology is grounded in the teaching of Samkhya philosophy, Patanjali's Yoga Sutras, the Upanishads and other sacred texts. This perspective takes into account that we are a meaning making species.

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