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Judith Hanson Lasater

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She is president emeritus of the California Yoga Teachers' Association as well as the author of numerous articles on yoga and health for nationally recognized magazines. Her most recent book is *Restore and Rebalance: Yoga for Deep Relaxation*, Shambhala Press, December, 2017.

It will also interest anyone who's looking for a self-directed approach to relieving stress, cultivating mindfulness, and healing body, mind and spirit."--Timothy McCall, MD, author of *Yoga as Medicine* "*Restore and Rebalance* is a vital resource for yoga teachers and students alike; and anyone who wishes to delve deeply into the science of restoration for building resiliency, health, and well-being at all levels of our body, mind, and spirit."--Richard Miller, PhD, author of *iRest Meditation ...*

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