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Rob Schutze is a Senior Yoga Australia Teacher, ] Ashtanga Teacher, Yoga Therapist and Clinical Psychologist. He is a Post Doctoral Fellow at Cutting University and ...

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INNER WISDOM YOGA & PSYCHOTHERAPY. Welcome! I am Dr. Annemarie Carroll, a licensed clinical psychologist and yoga teacher. My joy lies in integrating the wisdom of ...

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### **Body Wisdom**

Jnana (wisdom or knowledge) is considered the most difficult of the four main paths of Yoga, requiring great strength of will and intellect. In Jnana

### **Jnana Yoga: The Yoga of Wisdom • Yoga Basics**

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