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He is married to fellow yoga master Leslie Bogart, Schiffmann, Erich (1996). *Yoga: The Spirit and Practice of Moving into Stillness*. New York: Pocket Books.

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### **Erich schiffmann | omega**

Erich Schiffmann has been yoga practitioner for 45 years is the author of Yoga: The Spirit and Practice of Moving Into Stillness.

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