

# Survivors On The Yoga Mat: Stories For Those Healing From Trauma By Becky Thompson

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## **Becky thompson - yoga teacher in poughkeepsie**

I am a yoga teacher, a professor of sociology at Simmons College in Boston, a poet, and the author of "Survivors on the Yoga Mat: Stories for Those Healing from Trauma."

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[Editors note: This is an excerpt from the new book Survivors on the Yoga Mat: Stories for Those Healing from Trauma by Becky Thompson.

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Becky Thompson's latest book, "SURVIVORS ON THE YOGA MAT: STORIES FOR THOSE HEALING FROM TRAUMA" releases September 9, 2014! Pre-Order Now! @beckyTyoga

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who encounter trauma survivors. Becky Thompson, a Book Review: Survivors on the Yoga Mat with trauma and those who encounter trauma survivors. Becky

## **Becky thompson ph.d**

May 19, 2015 Becky Thompson Ph.D., poet, professor, yoga teacher and activist, is the author of several scholarly books on social justice including Survivors on the

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Becky Thompson is an Survivors on the Mat: Yoga Stories for those Healing from including Survivors on the Mat: Yoga Stories for those

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Book Excerpt from Survivors on the Yoga Mat written by trauma survivor and yoga instructor Becky Thompson, Becky Thompson is a poet,

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Becky Thompson, the author of Survivors on the Yoga Mat: Stories for Those Healing from Trauma. (Courtesy Photo)

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Becky Thompson. Becky Thompson, activist, scholar, yoga teacher, and author of Survivors on the Yoga Mat: Stories for Healing from Trauma.

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