

# YOGA quotes book

by madhuronda

Quotes To Deepen Your

# YOGA

# World YOGA day

# June-21

*The beauty is that people often come  
here for the stretch, and leave with a  
lot more.*

Liza Ciano

*Mountain pose teaches us,  
literally, how to stand on our own  
two feet.... teaching us to root  
ourselves into the earth.... Our  
bodies become a connection between  
heaven and earth.*

Carol Krucoff

*The Self in you is the same as the  
Self Universal. Whatever powers  
are manifested throughout the world,  
those powers exist in germ, in latency,  
in you.... If you realize the unity of  
the Self amid the diversities of the  
Not-Self, then Yoga Will not  
seem an impossible thing to you.*

Annie Wood Besant

*To experience the beauty of the  
flower you have to be in a state of  
meditation, not in a state of  
mentation. You have to be silent,  
utterly silent, not even a flicker of  
thought - and the beauty explodes,  
reaches to you from all directions...*

Unknown

*Through the practices of yoga, we discover  
that concern for the happiness and well  
being of others, including animals, must be  
an essential part of our own quest for  
happiness and well being. The fork can be  
a powerful weapon of mass destruction or a  
tool to create peace on Earth.*

Sharon Gannon

*Ashtanga yoga has completely changed me. I try to do it every day, and the effect is amazing. It's not just during the hours that I'm practicing. It's about how it filters through into the rest of my life. It makes all the other bullshit dissipate. Who I am has emerged, and everything else has gone by the wayside.*

Gwyneth Paltrow

*Yoga does not remove us from the reality or responsibilities of everyday life but rather places our feet firmly and resolutely in the practical ground of experience. We don't transcend our lives; we return to the life we left behind in the hopes of something better.*

Donna Farhi



*A lot of exercise is mindless; you  
can have music or the radio on and  
not be aware. But if you're  
aware in anything you do - and it  
doesn't have to be yoga - it  
changes you. Being present  
changes you.*

Marcel Hemingway

*Yoga has nothing as far as belief is concerned; yoga doesn't say to believe in anything. Yoga says experience. Just like science says experiment, yoga says experience.*

*Experiment and experience are both the same, their directions are different.*

*Experiment means something you can do outside; experience means something you can do inside. Experience is an inside experiment.*

OSHO

*The yogi realizes that his life and all its activities are part of the divine action in nature, manifesting and operating in the form of man. In the beating of his pulse and rhythm of his respiration, he recognizes the flow of the seasons and the throbbing of universal life...*

BKS Iyengar

*Yoga is not a passive practice. The life of the [Yoga practitioner] is not normal. A normal life is one spent trying to avoid pain and seek pleasure. The [Yoga practitioner], on the other hand, experiences pain and pleasure with equanimity.*

Sharon Gannon

*Be even-tempered in success and failure; for it is this evenness of temper which is meant by yoga.*

*Work done with anxiety about results is far inferior to work done without such anxiety, in the calm of self-surrender.*

The Bhagavad Gita

*I feel certain that the change  
wrought by my practice also  
changes the world. I don't see how  
it can be otherwise. Everything is  
interconnected in the fabric of  
oneness. Awakening affects the  
entire world.*

Richard Miller

**End of Preview.**

**Rest of the book can be read @**  
**<http://kinige.com/book/Yoga+Quotes+Book>**

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