

"Be the energy you want to attract".



"You cannot always control what goes on outside but you can always control what goes on inside".



"Yoga is not about touching your toes. It is about what you learn on the way down". -Jigar Gor



"Inhale the future, exhale the past".



"Drop & give me zen".



*"Yoga takes you to the present moment.
The only place where life exists".*



*"I give up freely what is no longer
serving me. I release it to create space
for what inspires me".*



"Yoga is not for the flexible. It is for the willing".



"Give this world good energy".



"Keep calm, do yoga & meditate".



"Yoga does not change the way we see things. It transforms the person who sees". -B.K.S. Iyengar



*"Yoga is the journey of the self, through
the self, to the self".*



*"Namaste. The light and love in me
acknowledges and honors the light and
love in you".*



"Yoga is the practice of quieting the mind". - Patanjali



"Yoga is not a religion. It is a science of well-being, youthfulness, and of integrating mind, body & soul". -Amit Ray



"Close your eyes & imagine the best version of you possible". -C.Assaad



*"Never underestimate a wo/man with a
yoga mat".*



"When you own your breath, nobody can steal your peace".



"Silence is not empty. It is full of answers".



"Yoga is like life. It is a balance of holding on & letting go". - Holy Yoga





*"Fall in love with taking
care of yourself. Mind,
body, spirit".*



*"Tension is who you think
you should be. Relaxation
is who you are".
- Chinese Proverb*



*"Always be a work in
progress".
-Emily Lillian*



*"Keep shining, beautiful
one. The world needs your
light".*



"Yoga heals the soul".



*"Take time to do what
makes your soul happy".*



*"Quiet your mind. Free
your body".*



*"Go from a human being
doing yoga to a human
being yoga".
-Baron Baptiste*



"Worries are pointless, if there is a solution, there's no need to worry. If no solution exists, there is no point in worrying".



*"The yoga pose you avoid
the most you need the
most".*



*"Yoga teaches us to cure
what need not be endured
and endure what cannot
be cured".
-B.K.Iyengar*



"Today, choose to be grateful for everything you have. Kind to yourself & others. Happy to be alive. Present. Here & now".



*"The pose begins when you
want to get out of it".
-Baron Baptiste*



*"If you seek peace, be still.
If you seek wisdom, be
silent. If you seek love, be
yourself".
-Becca Lee*



*"Travel light. Live light.
Spread the light. Be the
light".
-Yogi Bhajan*



*"It is not your history but
your presence on your mat
that matters".*

*-Sri Krishna Pattabhi
Jois*



*"The soul always knows
what to do to heal itself.
The challenge is to silence
the mind".*

-Caroline Myss



*"No one is you. That is
your power. Embrace it".*



"Your body will be around much longer than an expensive handbag. Invest in your well-being".



*"Yoga is the perfect
opportunity to be curious
about who you are".
-Jason Crandell*



"Letting go is the hardest asana".



*"Yoga is the fountain of youth. You are only as young as your spine is flexible".
-Bob Harper*



"Remember, you have been criticizing yourself for years. It hasn't worked. Try approving of yourself and see what happens". -Louis Prote



"Badass = The courage to be your most authentic self". -Jessica Anderson



"Don't practice yoga to get better at yoga; practice yoga to get better at living".



*"There is always room for change, but you have to be open to that change".
- Kathryn Budig*



"Just breathe".



*"Yoga is not about self-improvement. It is about self-acceptance". -Gurmukh
Kaur Khalsa*



"The nature of yoga is to shine the light of awareness into the darkest corners of the body". -Jason Crandell



"Warning: Yoga has been known to cause health and happiness".



"The success of yoga does not lie in the ability to perform postures but in how it positively changes the way we live our life & our relationships". -T.K.V. Desikachar



"You are magic. Do not ever apologize for the fire within you".



"Your imperfections make you beautiful".



"When the roots are deep, there is no reason to fear the wind".



"Don't be afraid to be open-minded. Your brain won't fall out".



"All problems are illusions of the mind". -Eckhart Tolle



"You are one yoga class away from a good mood".



"Let your love be so pure & big that it shifts the energy in the room".



"Your heart radiates healing, light and love".



"Do not feel lonely. The entire universe is inside you".

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"Allow yourself to be a beginner. No one starts out excellent".

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"Energy flows where intention goes".

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*"When the light comes from within,
balance is inevitable". -Amy Jirsa*

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"Grow through what you go through"

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A close-up photograph of a person's right hand in a meditative mudra (gesture) with the index and middle fingers pointing up. The person is wearing a grey long-sleeved top and is sitting on a light-colored ledge. In the background, there is a swimming pool with blue mosaic tiles and water reflecting the sky. The overall scene is peaceful and serene.

"Yoga is internal cleansing. It means true self-knowledge". - Sri Krishna Pattabhi Jois


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*"The body benefits from movement, and the
mind benefits from stillness".*

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*"When you realize how perfect
everything is you will tilt your head
back & laugh at the sky". - Buddha*

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A close-up photograph of a person's right hand in a meditative mudra (prayer position) with the index and middle fingers pointing upwards. The person is wearing a grey long-sleeved top and is sitting on a light-colored surface. In the background, a swimming pool with blue mosaic tiles is visible, reflecting the sky. The overall scene is peaceful and serene.

*"Yoga allows you to rediscover a sense
of wholeness in your life".
-B.K.S.Iyengar*

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"Falling out of a posture means you are human. Getting back into the posture means you are a yogi". -Bikram Choudhury

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"Even when you have rolled up your mat, yoga continues". -Zubin Atré

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"What you are looking for is not out there, it is in you".

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"Calm is a superpower".

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*"There are so many beautiful reasons to
be happy".*

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*"May my heart be kind. May my mind
be fierce. May my spirit be brave".*

-Kate Forsyth

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"All you need is less".


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"If you fall, I will be there". -Yoga mat

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*"Do what you have to do until you can
do what you want to do". - Oprah
Winfrey*

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A person is shown from the side, sitting in a meditative pose on a light-colored ledge. Their right hand is raised in a mudra, with the index and middle fingers extended. The background is a swimming pool with blue mosaic tiles, and the water is slightly rippled. The person is wearing a dark top and light-colored pants.

*"Don't use your energy to worry. Use
your energy to believe".*

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"If you get tired, learn how to rest - not how to give up".

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"Don't just be good to others. Be good to yourself too, first".

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"Eat. Sleep. Yoga. Repeat".

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"Extremes are easy. Strive for balance". -Colin Wright

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"Breathe in joy and strength. Breathe out wisdom and peace".

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"For fast acting relief try slowing down". -Lily Tomlin

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"When we are aligned, everything can flow & life and yoga becomes effortless". - Rebecca Halls

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"Yoga is really the art of waking up". -Adriene Mishler

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"Prayer is talking to the universe. Meditation is listening to it".

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"Yoga is the dance of every cell with the music of every breath that creates inner serenity & harmony". -Debasish Mridha

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"The spiritual journey is individual, highly personal. Listen to your own truth". -Ram Dass

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"Inhale love. Exhale hate".

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"Warning: Too much yoga can make you hot".

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"If you judge people, you have no time to love them". -Mother Teresa

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"You are very powerful provided you know how powerful you are". -Yogi Bhasan

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"Who you are is what you love, not what loves you". -Baron Baptiste

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"She fell in love with her yoga, then she fell in love with herself".

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"Yoga adds years to your life and life to your years". -Alan Finger

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"If you are losing your balance in a yoga pose, reach higher".

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"Deep breaths are like little love notes to your body".

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"Yoga is a powerful catalyst for change."

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"The inspiration you seek is already inside you. Be silent and listen". -Rumi