

100 Yoga Quotes

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Ongeacht hoe goed en effectief je weet dat yoga je helpt je doelen te bereiken, soms is het zo moeilijk om jezelf op die mat te krijgen. Deze 100 yoga quotes zullen je inspireren en motiveren om je bewustzijn te ontwikkelen en moedigen je aan om gefocust te blijven op waarom je in de eerste plaats aan yoga begon!

1. “Yoga does not transform the way we see things; it transforms the person who sees.”

2. “I offer you peace. I offer you love. I offer you friendship. I see your beauty. I hear your need. I feel your feelings. My wisdom flows from the highest source. I salute that source in you. Let us work together for unity and love”

3. “Yoga is a dance between control and surrender – between pushing and letting go – and when to push and when to let go becomes part of the creative process, part of the open-ended exploration of your being.”

4. “Yoga is not about what you do. It is about how you do it.”

5. “I was looking for someone to inspire me, motivate me, support me, keep me focused... Someone who would love me, cherish me, make me happy, and I realized all along that I was looking for myself.”

6. “In karma yoga no effort is ever lost, and there is no harm. Even a little practice of this discipline protects one from great fear of birth and death.”

**7. “The attitude of gratitude is the highest
yoga.”**

8. “Without proper breathing, the yoga postures are nothing more than calisthenics.”

9. “In our uniquely human capacity of connect movement with breath and spiritual meaning, yoga is born.”