



YOGA and MEDITATION

Yoga is not about self-
improvement, it's about
self-acceptance.

~ Gurmukh Kaur Khalsa







Yoga teaches us to cure
what need not be endured
and endure what cannot
be cured.

~ B.K.S. Iyengar







Yoga is the fountain of
youth. You're only as young
as your spine is flexible.

~ Bob Harper







You cannot do yoga. Yoga is your natural state. What you can do are yoga exercises, which may reveal to you where you are resisting your natural state.

~ Sharon Gannon







**Yoga is 99% practice
and 1% theory.**

~ K. Pattabhi Jois







A photographer gets people
to pose for him. A yoga
instructor gets people to
pose for themselves.

~Terri Guillemets



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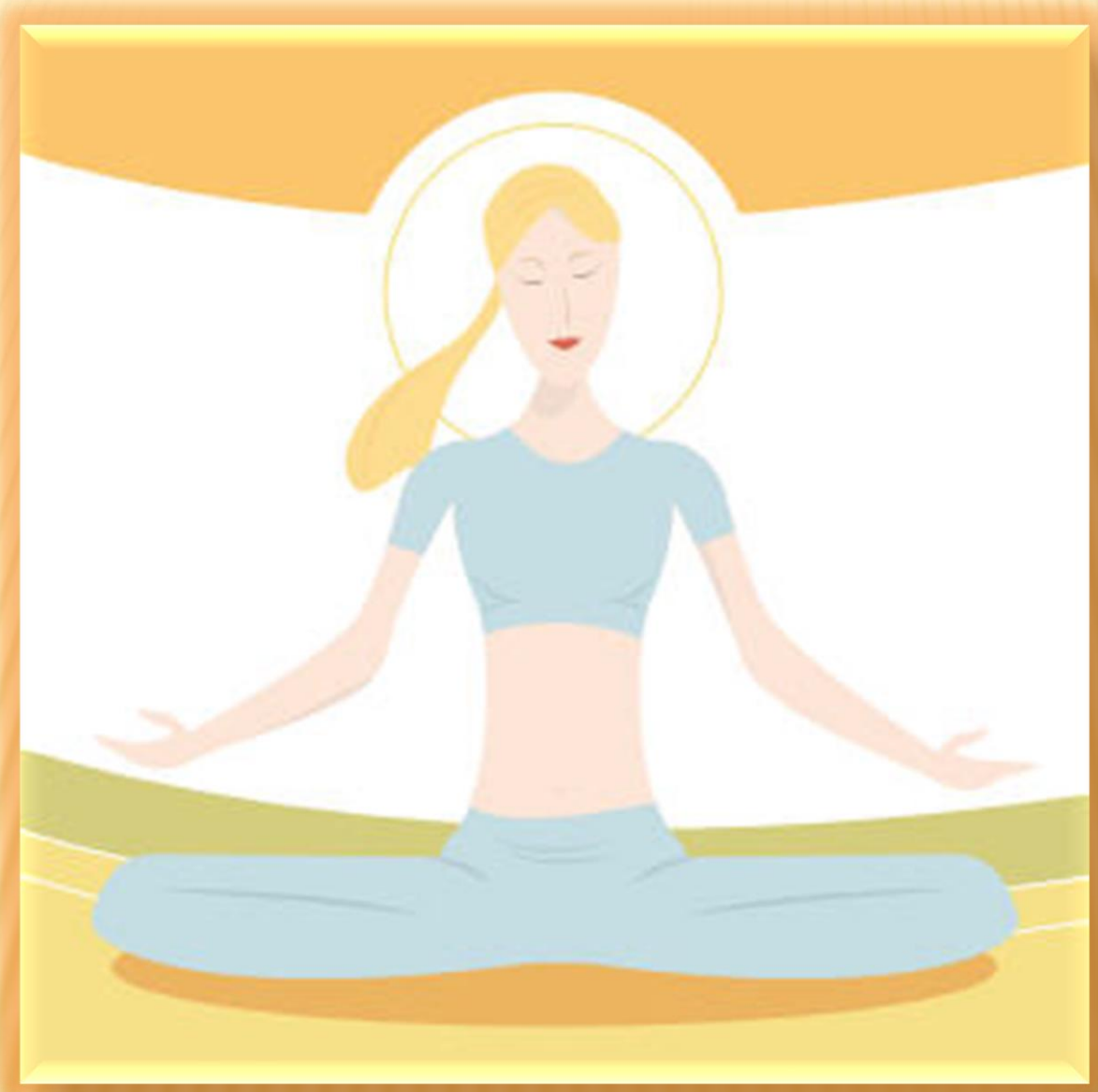


Blessed are the flexible,
for they shall not be bent
out of shape.

~ Author Unknown





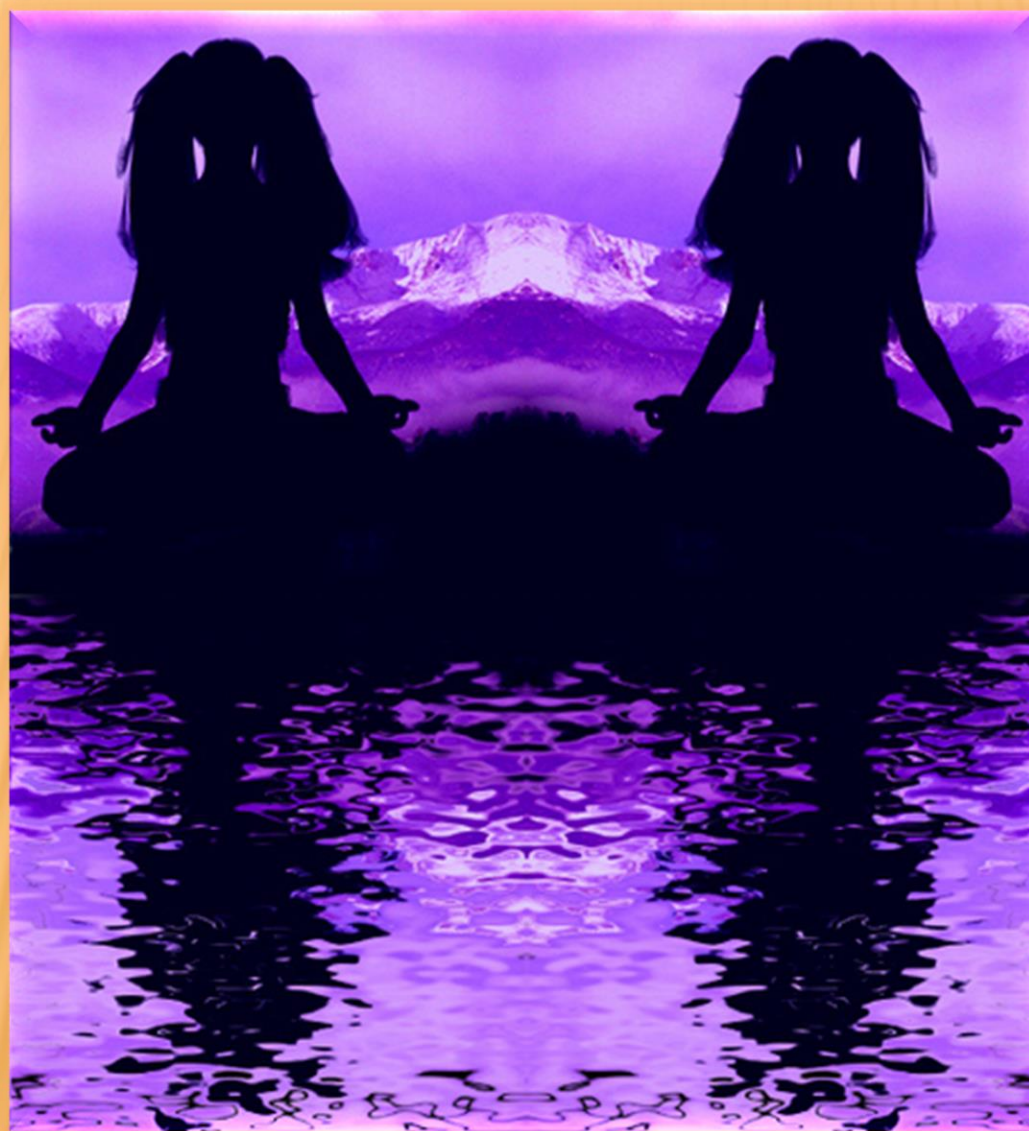


If I'm losing balance in a pose, I stretch higher and God reaches down to steady me. It works every time, and not just in yoga.

~ Terri Guillemets

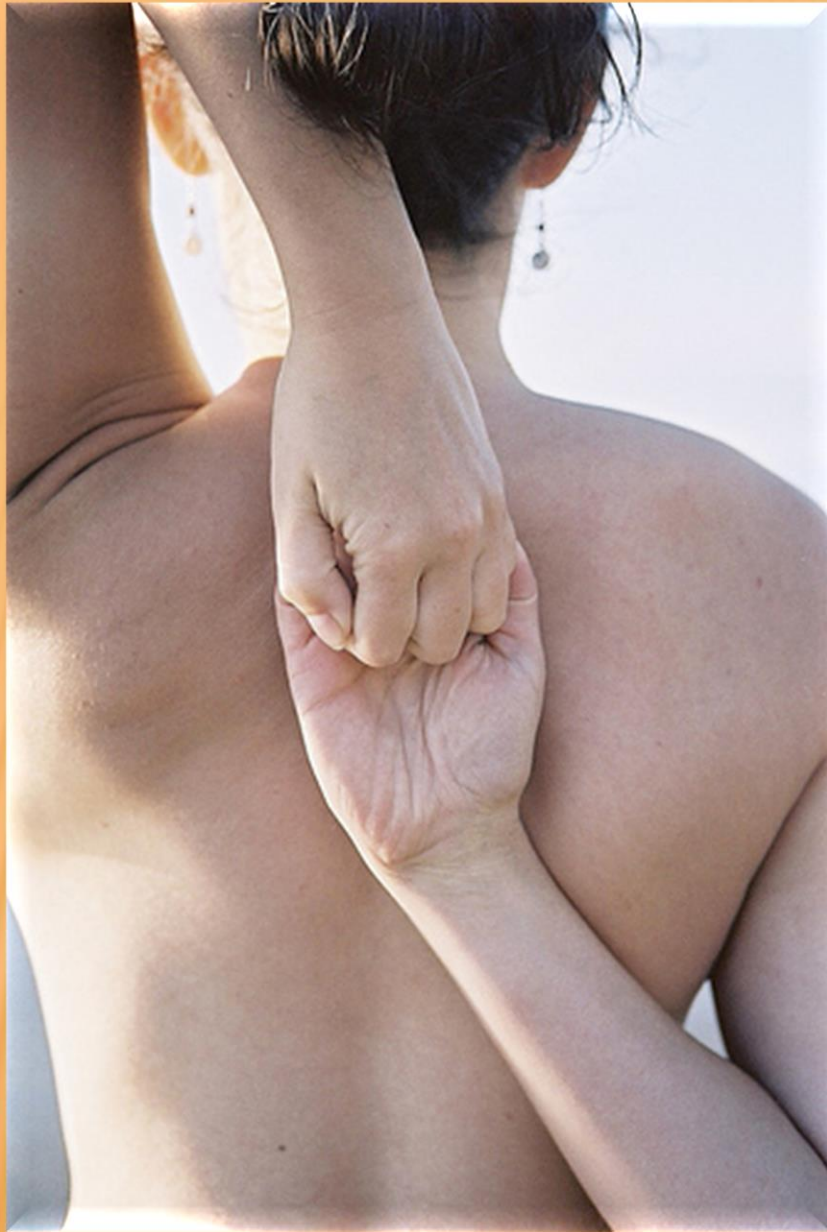






Yoga is essentially a
practice for your soul,
working through the medium
of your body.

~ Tara Fraser







The practice of Yoga brings
us face to face with the
extraordinary complexity of
our own being.

~ Sri Aurobindo





**Meditation is not a means
to an end. It is both the
means and the end.**

~ Jiddhu Krishnamurti





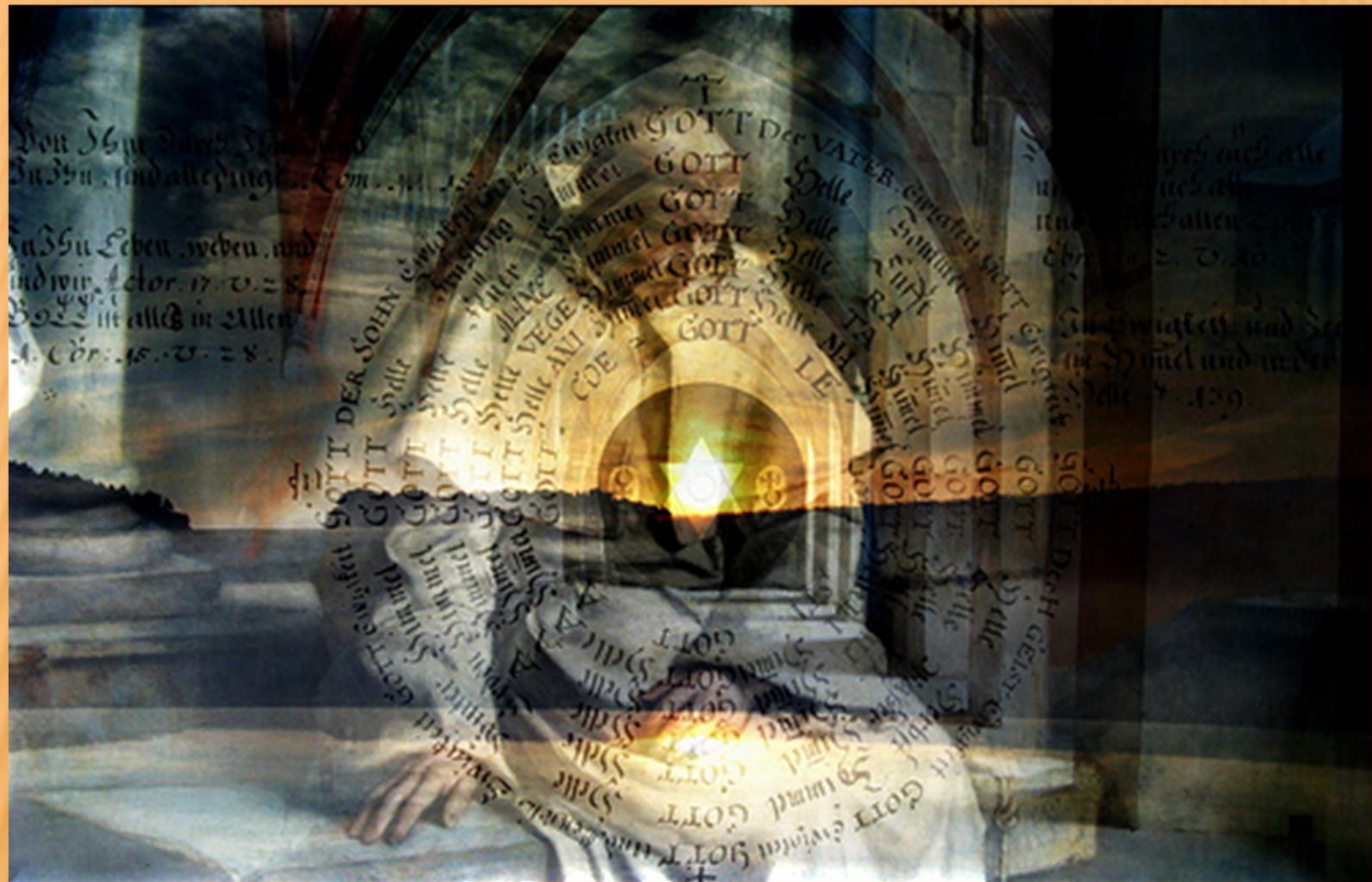


**Meditation allows us to
directly participate in our
lives instead of living life
as an afterthought.**

~ Stephen Levine







Nowhere can man find a
quieter or more untroubled
retreat than in his own soul.

~ Marcus Aurelius, *Meditations*



h.koppdelaney



**Meditation is the golden key
to all the mysteries of life.**

~ Bhagwan Shree Rajneesh



