

# THE YOGA QUOTE BANK



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*Have you ever wanted to share inspiration in class, or give your students something to contemplate, but drawn a blank on what to say? I find that sometimes I can prepare at length for my classes but still have moments where I am not quite sure how to deliver my theme with finesse. Or, sometimes I want to share a quote related to my theme, then it slips my mind in the moment.*

*That is where The Yoga Quote Bank comes in. The Yoga Quote Bank includes 16 short, easy to memorize quotes that you can draw on when you can't quite find the right words to say. The quotes below can be used to compliment various themes like compassion for self and others, overcoming challenges, defining your own practice, slowing down, and quieting the fluctuations of the mind.*

*You can print out the last page, write the quotes in your class planner, or even memorize them!*

# 01



*"We're all just  
walking each other  
home."*

**- Ram Dass**

# 02



*"Smile, breath, and  
go slowly."*

-Thich Nhat Hanh

# 03



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

- The Bhagavad Gita

# 04



*"The quieter you  
become, the more  
you can hear."*

- Ram Dass

# 05

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*"You have power over your  
mind - not outside events.  
Realize this, and you will  
find strength."*

- Marcus Aurelius

06



*"No mud, no lotus."*

- Thich Nhat Hanh



07



*"What we think we  
become."*

*- Buddha*

08



*"May your choices  
reflect your hopes,  
not your fears."*

- Nelson Mandela

# 09



*"I want to sing like  
the birds sing, not  
worrying about who  
hears or what they  
think."*

- Rumi

# 10



*"Adopt the pace of  
nature: her secret is  
patience."*

- Ralph Waldo  
Emerson

11



*"We carry inside us  
the wonders we seek  
outside us."*

- Rumi

# 12



*"The privilege of a  
lifetime is to become  
who you truly are."*

- Carl Jung

# 13



*“Yoga is not a work-out, it is a work-in.”*

**-Rolf Gates**

# 14



*"To be yourself in a world that is constantly trying to make you someone else is a great accomplishment."*

– Ralph Waldo  
Emerson



# 15



*"You are never too  
old to set another  
goal or to dream a  
new dream."*

– C.S. Lewis

# 16



*"Happiness depends  
upon ourselves."*

– Aristotle

*"We're all  
just walking  
each other  
home."*

- Ram Dass

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

- The Bhagavad  
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