

## What is Yoga?

“Evenness of mind is Yoga.” – Bhagavad Gita (2:48)

“Yoga means union – the union of body with consciousness and consciousness with the soul. Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life.” – B.K.S. Iyengar

“Yoga is 99% practice and 1% knowledge.” – Pattabhi Jois

“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 bodily gospel.” – Reaven Fields

“Yoga is that state where you are missing nothing.” – Shri Brahmananda Sarasvati

“Yoga is the perfect opportunity to be curious about who you are.” – Jason Crandell

“Yoga is like music in a way; there’s no end to it.” – Sting

“Yoga is skill in action.” – Bhagavad Gita (2:50)

“Yoga continues to evolve as we do. It’s not something invented five-thousand years ago that we have to endlessly repeat in this traditional fashion. I have great respect for the tradition, which gives you a good sense of what a practice should consist of – that it has a definite beginning, middle, and end – and that it’s sequenced so each part prepares you for the next. But, it’s like learning to play music: once you get a firm grasp of the scales, at some point you’re going to create something more you.” – Tim Miller

“Yoga is not what we see on the outside. Yoga is not making your body into animal like postures, although that’s what it seems like to the outsider or non-yogi. Yoga is what happens on the inside, in your mental space, in your heart space.” – Ricky Tran

“Love is all there is. Yoga is the process of discovering this.” – Dave Stringer

“Yoga is an ancient process designed to help you uncover and discover your true nature so you can live daily life with that new awareness.” – Erich Schiffman

“Yoga is not about the shape of your body, but the shape of your life. Yoga is not to be performed; yoga is to be lived. Yoga doesn’t care about what you have been; Yoga cares about the person you are becoming. Yoga is designed for a vast and profound purpose, and for it to be truly called Yoga, its essence must be embodied.” – Aadil Palkhivala

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