

Bikram Choudhury

Quotes

*Yoga, Giving, Suffering, Needs, Sick, Problem, Bikram, Powerful, Keys,
Exercise, Years, Never Too Late, Kind, Personality, Morning, Strong, Too Late,
New Beginnings, Hard Work, Children*

Never too old, never too bad, never too late, never too sick to start from scratch once again.

~Bikram Choudhury

Nothing can steal happiness, peace, away from you: if anyone does make you angry, you are the loser; if someone can allow you to lose peace, you are the loser.

~Bikram Choudhury

Falling out of a posture means you are human; getting back into the posture means you are a yogi.

~Bikram Choudhury

Yoga is the perfect vehicle for change of yourself. First by creating a strong and powerful body and mind. It is a starting point from which you can begin to realize your human spirit.

~Bikram Choudhury

In life you only have to travel 6 inches. That is the distance from your mind to your heart.

~Bikram Choudhury

Bikram Yoga will give you 'The Key to the Kingdom of Health'

~Bikram Choudhury

You are never too old or too broken. It is never too late to begin, or to start all over again.

~Bikram Choudhury

Give me 30 days, I'll change your body. Give me 60 days, I'll change your life

~Bikram Choudhury

If you have a good spine, the gods will chase you. Nobody has

psychological or emotional problems, everyone has a bad spine.

~Bikram Choudhury

Yoga is the only exercise in the world you can do at any age. There is always some posture that will improve your health, mind and soul.

~Bikram Choudhury

Yoga is the only exercise on this planet from which you gain energy instead of burning energy.

~Bikram Choudhury

When you practice yoga, first your personality changes, the faith increases, then confidence improves

~Bikram Choudhury

If you don't suffer, you don't get anything. Nothing easy in life.

~Bikram Choudhury

The meaning of yoga is connection of mind, body and spirit. If you have a bad telecommunication system, your body gets sick. Yoga helps fix that.

~Bikram Choudhury

The real pleasure, the real peace, the real enlightenment is to give. The more you give the more you get. If you give 10, you get 100.

~Bikram Choudhury

Cheer up, things will get worse.

~Bikram Choudhury

Would you rather suffer 90 minutes or 90 years?

~Bikram Choudhury

The right way is the hard way.

~Bikram Choudhury

Regardless of your age or current physical condition you'll laugh, cry, moan, groan, sweat and experience the most exciting, hard working and effective therapeutic yoga routine in the world.

~Bikram Choudhury

Let no one steal your peace.

~Bikram Choudhury

All you need are the words I give you here and your own honest efforts.

~Bikram Choudhury

Lady Gaga listens to me. Her mantra is only one word - 'Bikram' - because Bikram makes her what she is today. It works.

~Bikram Choudhury

Negative attitude is nine times more powerful than positive attitude.

~Bikram Choudhury

You have nothing to lose. You had nothing to begin with.

~Bikram Choudhury

Our ultimate destination is mental peace.

~Bikram Choudhury

Any kind of problem you have in your life, you come to Bikram. Your life becomes the best in the world.

~Bikram Choudhury

I have both English bulldog determination and Bengal tiger strength.

~Bikram Choudhury

No matter how old or sick or out of shape, you can still stretch and have a new beginning with yoga.

~Bikram Choudhury

Would you rather suffer 90 minutes or 90 years? (Regarding a Bikram Yoga session that takes exactly 90 minutes.)

~Bikram Choudhury

I like money. You like money. We need the money. But, money is not going to bring humanity and spiritualism into your life.

~Bikram Choudhury

I am tough, and sometimes I tell it like it is. Tough love can work wonders.

~Bikram Choudhury

My wife never look at me anymore, my children, my wife ... we only die once in our life. I'm dying every day when I get up in the morning.

~Bikram Choudhury

I guarantee you, yoga will compete with computers, music, sports, automobiles, the drug industry. Yoga will take over the world!

~Bikram Choudhury

Women like me. Women love me, so if I really wanted to involve the women, I don't have to assault the women.

~Bikram Choudhury

Maintaining spirituality and humanism are the keys to success. Its a balance.

~Bikram Choudhury

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