

Christy Turlington Quotes

*Yoga, People, Practice, Thinking, Girl, Fashion, Spiritual, Feels, Important,
Smoking, Marijuana, Children, Want, Dream, Mind, Life, Needs, Meditation,
Religion, World*

Ayurveda is a sister philosophy to yoga. It is the science of life or longevity and it teaches about the power and the cycles of nature, as well as the elements.

~Christy Turlington

Pranayama is the practice of breath control. The word prana refers not only to breath, but also to air and life itself.

~Christy Turlington

That's a girl's life for the rest of her days- somewhere between a lollipop and shots.

~Christy Turlington

I don't think that artists of any kind would or could sacrifice their artistic freedom by being more responsible with their influence on people, especially young people.

~Christy Turlington

When you are balanced and when you listen and attend to the needs of your body, mind, and spirit, your natural beauty comes out.

~Christy Turlington

Parents should be the most important examples for their children.

~Christy Turlington

I tried acupuncture, the patch, and hypnosis, but found that I needed to do it alone - when the time was right for me.

~Christy Turlington

Yoga gave me the ability to calm down.

~Christy Turlington

Most of us harbour a significant amount of subconscious fear about death, and act out of this fear in our daily lives.

~Christy Turlington

It is better to not even try it than to endure the ramifications of either quitting smoking or dying.

~Christy Turlington

Modeling is a profession where your worth is tied up with looks.

~Christy Turlington

Any spirituality can be enhanced with the practice or study of yoga.

~Christy Turlington

Nicotine is both a stimulant and a depressant, so that can make one feel quite imbalanced.

~Christy Turlington

Participating in a sisterhood with other women is hugely important in my life and a source of joy.

~Christy Turlington

People always think that if you eat anything as a model, it's amazing. I used to tease them and say, you know I'm going to throw up afterwards.

~Christy Turlington

I sincerely feel that beauty largely comes from within.

~Christy Turlington

I'd rather go naked than wear fur.

~Christy Turlington

I am passionate about any effort to achieve social justice and equality, particularly for women.

~Christy Turlington

I love fashion, but I'm not obsessed with it.

~Christy Turlington

I like the big questions.

~Christy Turlington

It is possible to experience an awakening in this life through realising just how precious each moment, each mental process, and each breath truly is.

~Christy Turlington

Yoga has brought me closer to myself. It's helped me realize the interconnectedness of the mind, body and spirit, in the Buddhist sense of the word.

~Christy Turlington

Parents should not smoke in order to discourage their kids from smoking. A child is more likely to smoke when they have been raised in the environment of a smoker.

~Christy Turlington

If you truly want to make an impact on the world, you can and you will.

~Christy Turlington

I KNOW THAT I CAN'T SOLVE ALL THE MATERNAL HEALTH CHALLENGES IN THE WORLD BY MYSELF. I NEED AND WANT OTHERS TO JOIN ME.

~Christy Turlington

So much of religion is exegesis. I would rather follow in the footprints of Christ than all of the dogma.

~Christy Turlington

The seated lotus postures are an amazing way to go into meditation, or

simply just to take a moment to ground oneself.

~Christy Turlington

I have lots of other mountains that I would like to climb. I have no dream of Everest, but there are some, like Mount Fuji, I'd like to do.

~Christy Turlington

I would be very proud to have influenced anyone that I know or don't know to quit smoking.

~Christy Turlington

Yoga has reinforced and grounded my own spiritual beliefs.

~Christy Turlington

or those who have one, please use your voice. So many of us don't have that ability.

~Christy Turlington

I was never directly pressured by peers, but by surrounding myself with others who were experimenting with smoking provided a certain false comfort.

~Christy Turlington

I strongly believe that each preventable death is one death too many.

~Christy Turlington

Yoga has brought me to the part of religion I really like - the positive sides of religion, the parts we all share, rather than the things that create separation.

~Christy Turlington

I think most people are curious about what it would be like to be able to meet yourself - it's eerie.

~Christy Turlington

All women deserve access to care that can save their lives.

~Christy Turlington

Sacred spaces can be created in any environment.

~Christy Turlington

Yoga is not a religion to me.

~Christy Turlington

I really wanted to share with people the day-to-day joys that yoga can bring into one's life-not just the physical aspects.

~Christy Turlington

Yoga is so universal in its principles and so holistically beneficial, it is possible for any person, young or old, religious or agnostic, to embrace and enjoy a practice.

~Christy Turlington

You can usually tell when I'm happy by the fact that I've gained weight.

~Christy Turlington

A lot of people have questioned how yoga and their own spiritual beliefs can come together. Yoga actually pre-dates religion.

~Christy Turlington

Now every model wants to be an actress

~Christy Turlington

I started practicing Yoga at about 18. I had a friend who was doing it and was incredibly disciplined and meditated all the time.

~Christy Turlington

Love is connection with others. Union with another human being or living thing. That's also Yoga.

~Christy Turlington

Being of service to others daily makes me feel alive.

~Christy Turlington

For me, true beauty really does begin within and when it comes to skincare that means Imedeen.

~Christy Turlington

Yoga is about compassion and generosity towards others. It means being mindful of the world around us.

~Christy Turlington

Going to a fashion show is almost as painful as being in one.

~Christy Turlington

I think a lot of little girls like riding, but sadly not that many people live in a place where it's an option.

~Christy Turlington

In retrospect, I think a lot of '80s fashion shoots are the ones that look the most modern. The fitness-based ones that are really minimal. It's clean, healthy, t-shirt, beach hair... it's athleisure.

~Christy Turlington

I'm not entirely comfortable with myself in underwear.

~Christy Turlington

It is education that will arm us with the tools that will enable us to succeed and put a stop to the rising rates of preventable death.

~Christy Turlington

I never understand why people have children and then insist on living as though nothing has shifted.

~Christy Turlington

We should all reevaluate advertising that contradicts what we know to be the truth; especially when the ads are harmfully manipulative.

~Christy Turlington

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