

Donna Farhi

Quotes

*Yoga, Practice, Breathing, Success, Mind, Body, Mean, Simple, Fundamentals,
Able, Maps, Maintaining, Doors, Philosophy, Class, Inspirational, Memories,
Kind, Needs, Inevitable Change*

The world doesn't really need more people who can bend their bodies into amazing positions. What it needs are kinder, more compassionate, generous people.

~Donna Farhi

When we bring our mind into our body, the body becomes mindful, and the mind becomes embodied

~Donna Farhi

Slowing down is the precursor to Yoga practice because this simple act allows us to consider our thoughts, feelings and actions more carefully in the light of our desire to live peacefully.

~Donna Farhi

Yoga is a technology for arriving in this present moment. It is a means of waking up from our spiritual amnesia, so that we can remember all that we already know.

~Donna Farhi

The asanas are useful maps to explore yourself, but they are not the territory.

~Donna Farhi

The process of breathing is the most accurate metaphor we have for the way that we personally approach life, how we live our lives, and how we react to the inevitable changes that life brings us.

~Donna Farhi

When we feel connected to the vastness of life and are confident of life's abundance, we are naturally generous and able to practice the third yama, non-stealing (asteya).

~Donna Farhi

Am I becoming the kind of person I would like to have as a friend?

~Donna Farhi

Life is not inherently meaningful. We make meaning happen through the attention and care we express through our actions.

~Donna Farhi

In truth it matters less what we do... than how we do it and why.

~Donna Farhi

Through daily yoga practice we can become present to our own fundamental goodness and the goodness of others

~Donna Farhi

Shaucha, or living purely, involves maintaining a cleanliness in body, mind, and environment so that we can experience ourselves at a higher resolution.

~Donna Farhi

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