

Judith Hanson Lasater

Quotes

Compassion, Believe, Great Things, Yoga, Thinking, Teacher, Heart, Joy, I Believe, Dancing, Extraordinary Beauty, Swimming, Realization, Looks, Years, Community, Communication, Spinning, Essentials, Strong

Taking time out each day to relax and renew is essential to living well.

~Judith Hanson Lasater

I think it's possible for all of us to use our yoga to distract us from our yoga. Because we get so caught up in the form that we forget the soul.

~Judith Hanson Lasater

Compassion is fierce and strong, and it holds people accountable. But it doesn't do it with anger or judgment.

~Judith Hanson Lasater

I don't think we find compassion. I think we become the space that compassion wants to live in.

~Judith Hanson Lasater

Why are we doing all these handstands, backbends and arm balances? I don't know why we're doing them unless our lives are shaped and changed.

~Judith Hanson Lasater

I believe that yoga should lead us to a place where kindness and compassion are instantaneous.

~Judith Hanson Lasater

Joy is big. Joy lives in your own drunken electrons, billions of them, spinning and dancing without end in their own intimate Universe, longing for You.

~Judith Hanson Lasater

Living your yoga is not just doing it, but being it.

~Judith Hanson Lasater

Do not look for joy anywhere else. It is living in you, and gives meaning to all Existence.

~Judith Hanson Lasater

I believe myself capable of great things. Some days it feels as if I can't do it alone. It is nice to know I don't have to.

~Judith Hanson Lasater

I believe myself capable of great things.

~Judith Hanson Lasater

Keep your drunken electrons dancing!

~Judith Hanson Lasater

We are being called into realization with great urgency and extraordinary beauty, and oftentimes not without difficulty.

~Judith Hanson Lasater

I believe we are capable of great things.

~Judith Hanson Lasater

Compassion is the litmus test.

~Judith Hanson Lasater

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