

# K. Pattabhi Jois

## Quotes

*Yoga, Practice, Success, Lazy People, Philosophy, Mind, Your Presence,  
Ignorant, Firsts, Capacity, Mean, Yield, Circus, Yoga Practice, Heart, Men,  
Class, Medicine, Pain, Jewels*

It is very important to understand yoga philosophy: without philosophy, practice is not good, and yoga practice is the starting place for yoga philosophy. Mixing both is actually the best.

~K. Pattabhi Jois

Yoga is an internal practice. The rest is just a circus.

~K. Pattabhi Jois

So whether you do your first downward dog at 14 or 44, it's not your history but your presence on your mat that counts.

~K. Pattabhi Jois

Do your practice and all is coming.

~K. Pattabhi Jois

Yoga is for internal cleansing, not external exercising. Yoga means true self-knowledge.

~K. Pattabhi Jois

The full ashtanga system practiced with devotion leads to freedom within one's heart.

~K. Pattabhi Jois

Body is not stiff, mind is stiff.

~K. Pattabhi Jois

Yoga is 99% practice and 1% theory.

~K. Pattabhi Jois

It would be a shame to lose the precious jewel of liberation in the mud of ignorant body building.

~K. Pattabhi Jois

Yoga is possible for anybody who really wants it. Yoga is universal....

But don't approach yoga with a business mind looking for worldly gain.

~K. Pattabhi Jois

Yoga is your mind control capacity.

~K. Pattabhi Jois

Lazy people can't practice Ashtanga Yoga

~K. Pattabhi Jois

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