

# Kathryn Budig

## Quotes

*People, Yoga, Teacher, Focus, Teaching, Trying, Rooms, Love You, Mean, Self, Heart, Long, Looks, Style, Running, Age, Light, Way, Needs, Unique*

There will always be people who can do it better than you, but that's a good thing! Start to see competition as inspiration â€” without envy.

~Kathryn Budig

There's always two sides to the coin if you have the patience to see.

~Kathryn Budig

So much magic lies beyond our fears.

~Kathryn Budig

There is always room for change, but you have to be open to that change.

~Kathryn Budig

Never focus on what you can't do - only imagine everything you could.

~Kathryn Budig

A new yogi doesn't handstand on their first try, and a new teacher doesn't start out as a headliner. Be patient, and trust it's all going to add up and unfold in due time.

~Kathryn Budig

Stand up for what you believe in even if it causes waves.

~Kathryn Budig

I'd take pasta over skinny any day. More importantly, I'd take health over looks.

~Kathryn Budig

My biggest struggles have been my biggest teachers.

~Kathryn Budig

Just because someone disagrees with you doesn't mean you're wrong.

~Kathryn Budig

Happiness is a state a mind, not a dress size.

~Kathryn Budig

I can be a bit of an overachiever and always dance that line of balance between giving myself to work versus giving time to myself and loved ones.

~Kathryn Budig

Take your time, teach what you love, be unabashedly you, and try not to compare yourself to someone who's been teaching longer than you.

~Kathryn Budig

I've been doing Isha Kriya meditation and love it. Don't get me wrong, it isn't easy or available everyday - but I'm making the effort to stop, sit, breath, and connect.

~Kathryn Budig

There is plenty of room for us all to succeed and carve our own path.

~Kathryn Budig

Everyone needs to start somewhere.

~Kathryn Budig

No cheating, clean up your self-induced fear act, and replace it with what you love.

~Kathryn Budig

Own your beauty whatever shape or form it comes in.

~Kathryn Budig

I encourage myself - and everyone - to focus on how you feel and take care of yourself as opposed to your waistline.

~Kathryn Budig

Take your time. There's no rush to be good or renowned.

~Kathryn Budig

There's no need to be fearful when another person succeeds. In fact, joining forces and supporting fellow teachers (or co-workers) you believe in is one of the most empowering moves you can make.

~Kathryn Budig

Focus on sharing your story and affecting the people that are hungry for your light.

~Kathryn Budig

My biggest struggle has been balancing where I give my energy.

~Kathryn Budig

Being in the health industry can do a major number on your head when it comes to body image.

~Kathryn Budig

Not everyone will love you, and that's completely OK.

~Kathryn Budig

Doubt means you're human - congratulations! It's natural to have these feelings, and if anything makes you humble, just don't be ruled by those emotions.

~Kathryn Budig

Know that your style will always change and that nothing is ever set in stone.

~Kathryn Budig

The self doubt can be a fantastic opportunity to self-reflect and see where you can grow and be stronger.

~Kathryn Budig

Better to constantly check in than ride proud on your high horse.

~Kathryn Budig

We live in fear when we've forgotten how to act from a place of love. Remember that, and set intention to act from a place of no comparison, jealousy, or fear. Police yourself on this!

~Kathryn Budig

Trust that your message is a unique one that people need to hear.

~Kathryn Budig

The only way to being a better teacher is time and dedication.

~Kathryn Budig

I lack routine with yoga, sleep, and food but do my best to keep consistency amongst the chaos.

~Kathryn Budig

It's important to remember that there are many different types of people, styles of teaching and that we won't agree with all of them.

~Kathryn Budig

Just because you don't like it doesn't mean it isn't currently rocking someone else's world.

~Kathryn Budig

I took my fear to literal heights and went skydiving over a year ago. It was in that moment, gazing over the precipice of the plane, when I realized what scared me the most, the unknown.

~Kathryn Budig

Yoga has expanded beyond asana for me. It's how I live my life and currently I'm throwing myself into a meditation practice.

~Kathryn Budig

I hope to encourage people to take flight on their mats, in their lives, and in their hearts.

~Kathryn Budig

I don't define myself by my body's ability to execute gorgeous asana anymore. I'm all about taking care of my temple and understanding that its requirements change with age and time.

~Kathryn Budig

Your passions will grow as you continue to grow, so remember, it's never too late to reinvent yourself or pursue the latest things that make you light up.

~Kathryn Budig

People love to judge, get used to it and stop taking it personally.

~Kathryn Budig

Don't look for shortcuts, because they'll only hurt you in the long run.

~Kathryn Budig

I do feel pressure to look a certain way but am fighting that and focusing on being comfortable in my own skin exactly as it is.

~Kathryn Budig

There's room enough for everyone to thrive.

~Kathryn Budig

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