

Rajashree Choudhury

Quotes

*Sports, Yoga, Practice, People, Ifs, Together, Problem, Learning Process,
Cheerful, Easy, Community, Games, Loving Yourself, Blessed, Firsts, Emotion,
Father, Oxygen, May, Mother*

Bikram Yoga is the first time you start loving yourself because it is the first time you start seeing yourself.

~Rajashree Choudhury

People should be talking about "yoga asanas" as a competitive sport. Because there are many forms of yoga. The most common two forms are hatha yoga and raja yoga. That's mostly what people understand.

~Rajashree Choudhury

Raja yoga is the mental practice and incorporates meditation, pranayama, and mudra. What are the benefits of having a raja yoga practice? The benefit is spirituality.

~Rajashree Choudhury

If you are being judgemental, that is non-yogic.

~Rajashree Choudhury

Whoever, however close to me you may be. Nobody can change my emotions. Even if I am sad it's my own problem, not somebody else's.

~Rajashree Choudhury

People can think whatever they think, but that's my strength to go forward.

~Rajashree Choudhury

If it is easy, something's wrong.

~Rajashree Choudhury

Things just happen, it will pass, it's your learning process.

~Rajashree Choudhury

Becoming a victim is your choice.

~Rajashree Choudhury

What's the benefit of hatha yoga? Physical. What do you need to do hatha yoga? Physical body. That's it. Breathing and spirit is a part of any sport. So that's why hatha yoga can be a sport.

~Rajashree Choudhury

Sports brings community together.

~Rajashree Choudhury

Yoga is all about what you do, actually do, for yourself. Every competitor that is there is there for themselves.

~Rajashree Choudhury

I love to say "please" and you have to accept me that way. If you don't, it's your problem.

~Rajashree Choudhury

I listen to my own heart, stand for only that. That's it.

~Rajashree Choudhury

Sports brings people together.

~Rajashree Choudhury

Sports keep you feeling cheerful, feeling spirited, it's a kind of a thriving feeling.

~Rajashree Choudhury

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