

Rodney Yee Quotes

*Yoga, Practice, Success, Body, Philosophy, Art, Running, Beautiful, Passion,
Teaching, Ease, Dream, Soul, Interesting, Pain, Inspire, Mind, Love You,
Miracle, Sick*

The most important pieces of equipment you need for doing yoga are your body and your mind.

~Rodney Yee

As we look deeply within, we understand our perfect balance. There is no fear of the cycle of birth, life and death. For when you stand in the present moment, you are timeless.

~Rodney Yee

Train yourself to be in awe of the subtle, and you will live in a world of beauty and ease.

~Rodney Yee

That's exactly how it is in yoga. The places where you have the most resistance are actually the places that are going to be the areas of the greatest liberation.

~Rodney Yee

Well-crafted things inspire me, whether it's pottery or art or music.

~Rodney Yee

When you stand in the present moment, you are timeless.

~Rodney Yee

Listen deeply. Meditate on that which is arising. Even if it's boredom or difficulty or maybe a feeling of being stuck, that in itself can be the work for your practice.

~Rodney Yee

There's so much fear running our lives that we forget to be human when it really counts.

~Rodney Yee

Any doorway that leads you to a deeper understanding of who you are

is worthwhile.

~Rodney Yee

Wellness within is mindfulness and acceptance of what you are, what you feel inside and how it's always changing. That process is helped by being attentive to the breath as it moves through the body.

~Rodney Yee

A well trained body is a beautiful instrument on which to play the melody of the present moment.

~Rodney Yee

Yoga is really trying to liberate us from ... shame about our bodies. To love your body is a very important thing - I think the health of your mind depends on your being able to love your body.

~Rodney Yee

Teaching is really a natural extension of one's practice--one wants to share something that's so influential and beautiful in one's life.

~Rodney Yee

Yoga is the methodology with which to unveil the miracle that exists right in front of our faces and inside ourselves.

~Rodney Yee

The practice of yoga has been an amazing tool to actually unearth where my inspiration lives inside my body and mind and heart.

~Rodney Yee

When someone's really sick and their family is tired and concerned about what will take place, those are the times that they need a support group around them to take care of them as a human being.

~Rodney Yee

What we're trying to do in yoga is to create a union, and so to deepen a yoga pose is to actually increase the union of the pose, not necessarily put your leg around your head.

~Rodney Yee

Philosophy is unbelievably inspiring to me.

~Rodney Yee

It's deep passion for my wife that really makes me vulnerable to her.

~Rodney Yee

The study of yoga makes me inspired.

~Rodney Yee

Yoga is the method to bring or uncover the union that exists. That all things are relative and are in relationship and that nothing is singular or by itself.

~Rodney Yee

Yoga is the study of the human body. It is the surge for the human soul.

~Rodney Yee

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