

Tara Stiles Quotes

*Yoga, Moving, Practice, Space, Body, Moments, Breathing, Giving, Thinking,
Creativity, Letting Go, Needs, Fall, Mind, Balance, Mean, Meditation,
Successful, Matter, About Yourself*

You are whole body, whole mind, whole spirit, all the time. When you experience all of you at once, anything is possible.

~Tara Stiles

Eat like you love yourself. Move like you love yourself. Speak like you love yourself. Act like you love yourself.

~Tara Stiles

Everything we need is already there. The challenge is letting go of all our stuff in the way.

~Tara Stiles

Go after what gives you goosebumps.

~Tara Stiles

There are no rules in life. It's a mind-set that limits people dramatically.

~Tara Stiles

Believing in yourself is essential to creating lasting change and a happy life.

~Tara Stiles

Say you're doing a headstand. The moment you think to yourself, "Wow, I'm doing this pose!" is usually the moment you'll topple out of it.

~Tara Stiles

Each movement reminds us that every moment invites a new opportunity for change.

~Tara Stiles

When we are at ease, our bodies work efficiently, our minds settle, and space opens up for us to connect to our intuition, creativity, and sense of connectedness.

~Tara Stiles

A successful tree pose probably won't change your life. Learning how to keep your breath easy, long, and deep no matter what the circumstance? That absolutely will.

~Tara Stiles

Everything you need to know is right there inside, waiting for you to tap in and discover it, and then hopefully do something about it.

~Tara Stiles

With meditation, you become a sensitized superhero, completely in control, with endless possibilities at your fingertips.

~Tara Stiles

There is a big lesson in experiencing uncertainty and calamity with a sober focus - the most chaotic moments are the ones from which we can learn the most.

~Tara Stiles

Why is balance important? From a life lesson standpoint, it's about learning to enjoy yourself without getting the ego involved.

~Tara Stiles

When you are plugged into you, anything is possible.

~Tara Stiles

Each inhale creates more space in our bodies.

~Tara Stiles

The practice of being at ease also gives you the strength and stamina to pursue all that you find when you connect inward.

~Tara Stiles

Any of the yoga poses could be substituted in this analogy. How you practice is much more meaningful than what yoga moves you can or

cannot do.

~Tara Stiles

Each exhale allows us to let go of the moment that has just passed.

~Tara Stiles

You can tell a lot about yourself by how you go about things.

~Tara Stiles

Our attention to each breath keeps us in the now.

~Tara Stiles

What you practice on the mat is what you end up doing in your life.

~Tara Stiles

That's what yoga teaches: how to be fully present now, no matter the circumstance.

~Tara Stiles

All the body's systems and processes - your nerves, your emotions - take instruction from what is going on with your breath.

~Tara Stiles

You take yourself out of the moment and knock yourself off balance when you judge and think about what you are doing, rather than experiencing and enjoying what you are doing.

~Tara Stiles

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