

Build in yourself the total harmony, so that when the time comes
Perfect Beauty can express itself through your body.

1959

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ABOUT HATHA YOGA

From our experience we have found that a particular system of exercises cannot be stamped as the only yogic type of exercises and we cannot definitely say that participation in those exercises only will help to gain health because they are yogic exercises.

Any rational system of exercises suited to one's need and capacity will help the participant to improve in health. Moreover it is the attitude that is more important. Any well-planned and scientifically arranged programme of exercises practised with a yogic attitude will become yogic exercises and the person practising them will draw full benefit from the point of view of physical health and moral and spiritual uplift.

Bulletin, April 1959

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I simply want to be beautiful.

Do sincerely some physical culture and you will succeed.

1965

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It does not seem to me quite wise to take children below six years to sea bathing; the sea water is too strong for them.

8 February 1966

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