



Video Transcript

Learn To Set Intentions On Your Yoga Mat

Hello welcome my name is amanda and i'm going to be talking briefly about setting your intention

this isn't just when we're about to practice yoga this can be when you wake up in the day it can be

in the middle of the day when you just really need to connect into your inner self but it's also used during the beginning of a yoga practice and during our yoga nidra practice I refer to this, well, not just me, but it's referred to as your sankalpa. It's your sankalpa.

So this is your deepest heart's desire. What is your heart saying to you about your truth, your authenticity, and your highest power and purpose in this world?

So this is setting your intention. These are the things that we can ask ourselves.

before setting an intention and you want to be really clear when you set this intention or this resolution the universe listens very intently to what you say and it responds so this is your highest truth that you are setting out there and the universe responds by starting to feed you whatever you may need in order for you to reach that purpose you can think of it like a call-in response to the universe so before you begin to practice like yoga or yoga nidra you can set this intention now in yoga nidra this is something that you ask to come from within and then you formulate a short and simple phrase clearly and something that you can remember.

Your sankalpa is for the most part going to remain the same throughout your yoga nidra practice and

from practice to practice. It's sort of like the thread that keeps running through each time you come to your yoga nidra practice. However, within your daily yoga practice, or maybe even upon waking up in the day and thinking about what your intention might be for that

day, that can change. On the yoga mat, maybe one day your focus or your intention is going to be to

find balance. Or maybe it's going to be something more like increasing your strength and flexibility. That's totally fine. But there may also be a deeper resolve,

something that your heart speaks to you on a daily basis, something that's always there.

This relates to your dharma, your purpose, the gifts that you have that you're going to be sharing

with the world. And how can you fulfill your purpose in being able to share that?

the universe has all of the abundance and everything that you need in order for that to become a

reality in order for you to manifest that so you can share your uniqueness so this is your deepest heart's desire your sankalpa and you want to be able to remember and have a clear language that

makes sense to you that you can repeat to yourself at the beginning and at the end of your practice

Just letting that come from within. On the yoga mat or upon waking or just starting your journey out the front door each and every day. Maybe just setting a little intention like I will remain calm. I am calm. I can share calm. Or I am balanced.

So that is setting your intention. Let it come from within. And let yourself open up to be able to share that with the world around you.