



Why do we set intentions in our yoga classes?

When you attend a yoga class, the teacher will often invite you to set an intention for your practice and you wonder what that means. “My intention is to get through this yoga class” ...right? And so you’ve just done it, set your first intention but it could be a little more than that. Let’s explore the meaning of an intention and why we may want to set intentions in our daily life.

What is an intention?

An intention is simply looking inward and asking ourselves “At this moment in time what do I most want from my practice and my life?” and then creating, living and breathing that intention on your mat.

It’s a little different that setting a goal, which has an expected and directed future outcome. An intention is being in the here and now, noticing what you are feeling and forming a purpose that will connect you with your practice on that particular day. Over time you may notice that the intention you have set for your yoga practice weaves itself in your thoughts and actions during your day, your week, your life.

There is no right or wrong and it does not have to be complicated. It can just be:

- I am going to breath more deeply
- I will cherish the benefits that my practice brings to me
- Let go of negativity, embrace positive thoughts
- Listening...I will do more of it
- Release stress and tension
- Dedicate your practice to someone who may need love and compassion

Once you’ve set an intention and move through your practice, re-visit it frequently and notice what happens. Focusing our mind gives us the opportunity to practice being present.

So next practice, take a moment, quiet your mind, breathe, focus on just that moment, then set your intention and remind yourself of the values that matter most in your life.