



Fill your own cup first, so you can fill the cups of others...

Please consult your doctor before beginning any exercise program.

SETTING INTENTIONS

with Mary Snow

Welcome. Today we are going to talk a little bit about intention setting. Sometimes in yoga, in yoga classes or even in your own practice, you may begin your practice with setting an intention. And that could be simply to have more peace in your life or perhaps to be present as you're practicing. So, if you were to set an intention for your practice, it might be to be peaceful. So, during your practice that would serve as an anchor to keep you present here and to keep thinking about, I am trying to invite more peace into my practice, which then could be transferred into your life. Sometimes in yoga we talk about what happens on the mat and how you take that into your life. So, the practice becomes a lifelong practice, a daily practice, whether or not you're on your mat or not. You can begin to have a practice with an intention every day and that intention could be the same thing that you maybe are working on in your life. Perhaps to have more courage to do something and you set that intention every day. And your practice can be a reminder of that intention. And that will then become, hopefully, a lifelong practice of having intention and being mindful. So, that as you do something, you're thinking about, you're being mindful, as you do it. And, hopefully, that will help us as we all practice to be more active in our own life rather than reactive. So, we have that ability to be able to pause, reflect back on our intention and then to act from that place. So, the next time you practice, think about what intention you might like to invite into your life.