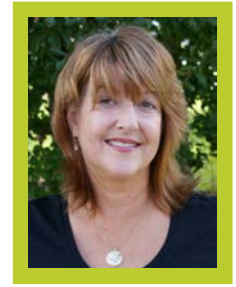


# Exploring Intention: Bring Your Practice to Life

*With Cheryl LeClair ERYT200 and iRest® Instructor*



## Yoga and Intention

The American Heritage Dictionary defines intention as “a course of action one intends to follow; an aim that guides action; an objective.” We are asked to set an intention, also called *sankalpa*, or *heartfelt desire*, in every yoga class. Yet we often lack clarity on our intention for ourselves. Intention is a powerful tool in our practice.

## Discover and Define

Knowing where we are. Only then can we design a strategy of where we want to be. With the need for transformation in the world there has never been a more important time to dream and set your intention.

We will explore intention through discussion, asana practice, iRest® yoga nidra. A portion of the workshop is dedicated to thoughtful reflection of intention through the process of creating and crafting a vision board that uniquely expresses your heart felt desires. Bring transformation and power to your practice

A light, healthy lunch will be served to provide time for sharing and fellowship.

This workshop is suitable for all yoga practitioners. No art experience necessary. All workshop and project materials are included as well as lunch and snacks.

**Saturday, April 14**

**9:30am – 4:00 pm**

\$100.00

*Includes all materials, yoga, iRest® and lunch*

*Preregistration required by March 15th*

*This workshop is limited to 10 participants*

“You are what your deepest desire is.  
As your desire is, so is your intention.  
As your intention is, so is your will.  
As your will is, so is your deed.  
As your deed is, so is your destiny.”

~ Upanishads

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