

## Setting an Intention

**Your intention is your mission.  
How do you want to experience life?**

During yoga nidra, we repeat an intention to direct attention to our mission in life. Together we enter a hypnotic like state, where our unconscious mind becomes open to receive your intention.

To begin, use the questions below to find an intention. Or start with the intention, 'I am well-rested' and then listen to your soul whispers that come out of your yoga nidra practice for a deeper intention. Your soul knows your intention.

### Reflection Questions

Why are you here today?  
What do you want most in life?  
Why do you want this?  
Does your life give you satisfaction now?  
What is it you're looking for?

### Intention Guidelines

Intentions Must Be:

- Present Tense
- Brief & Powerful
- Not Driven By Outcome
- Aligned With Your Feelings & Values
- In Words That Resonate For You

*Intentions are powerful!  
Keep it simple!  
Remember it easily!*

YOGA  NIDRA

DARE TO REST

