



GUIDE TO SETTING YOUR INTENTION

BY PLAY AND PAUSE YOGA

*A Journey to Inner Intention:
A Wellness Handbook for Clarity and Confidence*

Empowering vibrant living with Yoga, Ayurveda, and Nature's healing touch.





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INTRODUCTION

An Intention (or Sankalpa in Sanskrit), arises from your deepest self, guiding you toward clarity and alignment in life. Through the power of intention, you can transform your thoughts, actions, and energy, unlocking the magic of mindful living.

REFLECTION PROMPTS

Reflection prompts help you uncover your deepest desires and connect with your authentic self. Through thoughtful questions, you'll uncover meaningful insights to guide your Intention (Sankalpa)."

CRAFTING YOUR SANKALPA

Crafting your Sankalpa is about shaping a clear, empowering intention that aligns with your values and aspirations. Discover how to shape a concise, inspiring statement that reflects your deepest intentions.

CREATIVE EXERCISES

Creative exercises like vision drawing, mandala creation, and collaging help you bring your Sankalpa to life. These practices let you explore your intention visually, making it a vibrant and tangible part of your journey.

EMBODYING YOUR INTENTION

Embodying your Sankalpa involves aligning it with your breath, incorporating it into daily rituals, and bringing it to life through mindful movement. These practices help you live your intention fully and authentically.

INTEGRATION INTO DAILY LIFE

Learn how to weave your Sankalpa into your everyday moments to support growth and resilience.

CLOSING THOUGHTS

Your Intention is Seed of Transformation

RESOURCES AND FURTHER READING





Hi, I'm *Andrijana*, the founder of Play and Pause Yoga. I understand what it feels like to be lost in the swirl of daily demands, yearning for deeper connection and clarity. Yoga and Ayurveda didn't just offer me tools for balance—they became my path to a life aligned with my truest self.

Over the years, I've poured my heart into sharing these practices, blending ancient wisdom with my experiences as a yoga teacher, psychology graduate, and someone navigating life's challenges just like you. This handbook, *Guide to Setting Your Sankalpa: A Journey to Inner Intention*, comes from a place of personal growth, lessons learned, and a passion for helping others embrace their own inner power.

Whether you're new to intention-setting or looking to deepen your practice, know this: you are capable of so much more than you imagine. Let this guide be a gentle companion as you uncover clarity, confidence, and alignment within yourself.

Thank you for trusting me to walk alongside you on this path. Together, let's create something beautiful!

INTRODUCTION

An Intention (Sankalpa) is a heartfelt resolve that aligns you with your true self. Rather than focusing on external goals, it centers on who you want to become and how you wish to feel inside.

In this guide, we'll use both Intention and Sankalpa—one familiar, the other rooted in yogic wisdom. Your Sankalpa is a seed, planted in your subconscious, growing through reflection, creativity, and mindfulness to support your transformation.



Start with Reflection

Begin by creating a calm space for yourself—find a quiet corner, light a candle, or play soft music. Set aside 15-20 minutes for uninterrupted time.

Use these prompt questions to uncover your intention.

Take a few deep breaths before starting, and let your answers flow naturally.

- *What is the one thing I deeply wish for myself right now?*
- *How do I want to feel in my daily life?*
- *What qualities do I want to embody (e.g., confidence, peace, clarity, self-love)?*
- *If I could overcome one inner obstacle, what would it be?*
- *What would my future self thank me for starting today?*

Take your time with each question. Write your answers freely, and notice if any recurring themes, words, or emotions appear. Let these guide you toward your Sankalpa.





YOUR REFLECTION SPACE



What is the one thing I deeply wish for myself right now?

How do I want to feel in my daily life?

What qualities do I want to embody (e.g., confidence, peace, clarity, self-love)?

If I could overcome one inner obstacle, what would it be?

What would my future self thank me for starting today?



Define Your Sankalpa

A Sankalpa is a short, positive statement phrased in the present tense, as though it's already true.

For example:

- Instead of "I want to be confident," say "I am confident and capable."
- Instead of "I want to find peace," say "I am calm and centered."

Tips for crafting your Sankalpa:

- Keep it **positive**: Focus on what you want, not what you don't want.
- Make it **personal**: Use words that resonate deeply with you.
- Keep it **simple**: A few meaningful words are more powerful than a long sentence.

Struggling to Define What You Want?

If you're unsure, start by exploring what you don't want. Often, flipping this perspective can guide you toward clarity. For example:

- If you **don't want to feel stressed**, your Sankalpa might be: **"I am calm and grounded."**
- If you **don't want to feel self-doubt**, your Sankalpa might be: **"I am confident and capable."**

Take it a step further by reflecting on how these intentions make you feel. Choose a Sankalpa that resonates deeply with your heart and inspires positive change.

Remember, your Sankalpa can shift as you grow—adjust it as needed to stay aligned with your deepest truth.



MY SANKALPA A COMMITMENT TO MY TRUE SELF

Take a deep breath.

Close your eyes for a moment.

Feel your intention forming within.

When you're ready,

write your Sankalpa here—your heartfelt resolve to align with your true self.

[illegible]

Your Sankalpa is planted. Trust that it will grow and guide you in ways beyond what you can imagine.

Come back to this page whenever you need to realign with your deepest truth.

Explore Through Creativity

These creative practices allow you to visually express and embody your Sankalpa, making it a part of your daily life. To deepen your connection with your Sankalpa, try one or more of these creative exercises:

Vision Drawing

On a blank piece of paper, draw a symbol or image that represents your Sankalpa. For example, a tree might represent growth, a heart for self-love, or a sunrise for clarity. If your Sankalpa is 'I am calm and centered,' you might draw a serene lake or a glowing sun. Use colors that resonate with the emotions tied to your Sankalpa.

Sankalpa Mandala

Draw a circle and divide it into sections. In each section, write a word or phrase that supports your Sankalpa (e.g., "courage," "patience," "calm"). Decorate the mandala with patterns, shapes, and colors.

Collage of Intention

Create a mini collage using magazine clippings, quotes, or drawings that align with your Sankalpa. Keep it somewhere you'll see it daily as a visual remind



TIP: LET THESE EXERCISES BE PLAYFUL AND INTUITIVE. THERE'S NO RIGHT OR WRONG WAY—WHAT MATTERS IS THAT YOU FEEL CONNECTED TO YOUR SANKALPA THROUGH THE PROCESS.





Embody Your Sankalpa

Bring your Sankalpa to life by integrating it into your body, breath, and daily actions. These practices allow you to feel, live, and deepen your intention.

Breath Practice

- Sit comfortably and close your eyes.
- Repeat your Sankalpa silently with each inhale, imagining it filling your entire being.
- As you exhale, visualize yourself embodying this intention fully.

Daily Ritual

- Write your Sankalpa on a sticky note or in a journal.
- Read it aloud each morning or before bed.
- Create a ritual, such as lighting a candle, holding a meaningful object, or touching your heart, to ground the practice in presence.

Movement

- Flow through a few gentle yoga poses (like Cat-Cow, Warrior II, or Child's Pose) while repeating your Sankalpa silently.
- Let the movement symbolize your commitment to your intention and allow your body to express its energy.

TIP: CHOOSE THE PRACTICES THAT RESONATE MOST WITH YOU AND MAKE THEM YOUR OWN. WHETHER IT'S A DEEP BREATH BEFORE A BUSY DAY OR A MOMENT OF STILLNESS AT BEDTIME, THESE SMALL STEPS WILL GUIDE YOU TOWARD LIVING YOUR INTENTION.



Trust The Process



A Sankalpa is like a seed you plant within yourself. It takes time, patience, and nurturing to grow. Trust that every time you repeat or reflect on your Intention, you're aligning more closely with your truest self.

Check-in regularly:

- Am I living in alignment with my Sankalpa?
- How has this intention impacted my thoughts, actions, and feelings?

Celebrate the small moments of growth, even if they feel subtle. Each step forward is a sign that your Sankalpa is taking root.

Remember: *Your Sankalpa is not fixed—it can evolve as you do. Revisit and refine it whenever needed. This flexibility allows it to grow with you, reflecting your ever-changing journey.*

Closing Thoughts

As you complete this journey of setting your Intention, take a moment to honor the time and energy you've dedicated to reconnecting with yourself.

A Sankalpa is not just a statement—it's a seed of transformation, patiently growing and guiding you toward the life you truly desire.

There will be days when your intention feels clear and vibrant, and others when it seems distant. Both are part of the process. Trust that each small step and mindful pause brings you closer to living in alignment with your inner truth.

By showing up for this practice, you've already taken a powerful step. Keep nurturing your Sankalpa with patience and self-compassion, and trust in your ability to grow into the person you're meant to be.

Thank you for allowing me to guide you on this journey. May your Sankalpa continue to light your path with clarity, confidence, and purpose.

With gratitude,

Andrijana

Revisit this guide whenever you need inspiration or support. Your journey is unfolding beautifully, one intention at a time.





Invitation to Yoga Nidra Practice

Discover the Transformative Power of Intention

In this guided Yoga Nidra session, you'll experience deep relaxation while connecting with your Sankalpa—the heartfelt intention that aligns you with your inner clarity and confidence.

For just \$10, you can download this 40min session and take the next step on your journey toward mindfulness and purpose.

[DOWNLOAD NOW](#)

Create a moment to pause, breathe, and plant the seeds of transformation within.

Resources and Further Reading

- **Gawler, Ian, and Paul Bedson. *Meditation: An In-Depth Guide*. TarcherPerigee, 2011.**

A comprehensive guide to meditation techniques, including insights into intention-setting and mindfulness practices.

- **Saraswati, Swami Satyananda. *Yoga Nidra*. Bihar School of Yoga, 2002.**

A foundational text on the practice of Yoga Nidra, exploring its benefits and the role of Sankalpa in transformation.

- **Easwaran, Eknath. *The Bhagavad Gita for Daily Living*. Nilgiri Press, 2007.**

Offers insights into yogic philosophy and the power of inner resolve as outlined in ancient texts.

- **Miller, Richard J. *Yoga Nidra: The Meditative Heart of Yoga*. Sounds True, 2010.**

Delves into the science and spirituality of Yoga Nidra, including the use of Sankalpa for personal growth.

- **Saraswati, Swami Niranjanananda. *Sankalpa: Inner Resolve for Focused Living*. Bihar School of Yoga, 2013.**

A deep exploration of the meaning and practice of Sankalpa, its roots in yogic traditions, and its application in modern life.

- **Tolle, Eckhart. *The Power of Now: A Guide to Spiritual Enlightenment*. New World Library, 1997.**

Discusses the importance of presence and intention in living a mindful and fulfilling life.

- **Harvard Health Publishing. "The Power of Intention: Using Your Mind to Shape Your Life." Harvard Medical School, 2020.**

Discusses the psychological and physiological benefits of setting intentions and living with purpose.