

# SANKALPA

## YOGA MEANING AND INTENTION

A Sankalpa is a statement or word that represents who you already are and what you already have in order to fulfill your purpose in life.

All you need to do is focus your mind, connect to your most **Heart Felt Desire**, and channel the energy already within you.

**A Sankalpa should honor the deeper meaning of your life.**

A Sankalpa speaks to your larger purpose. A Sankalpa becomes a statement or word you can call upon, to remind you of your true nature, and guide your choices.

**Discovering your Sankalpa is a process of listening when you are silent in your practice of yoga.**

Your Sankalpa is already present, waiting to be seen, heard and felt.  
It's not something you need to make up.  
The mind doesn't have to go wildly searching for it.

A Sankalpa is what we listen to or feel as we work our bodies into different positions and practice different movements. This is how we don't get disengaged by how we are physically challenging ourselves.

**We call upon our Sankalpas to direct ourselves in yoga.**