

Pathways Yoga

Setting Intentions

While intentions are often set before yoga practice, intentions can be set any day any time.
They are simply a reminder to live your life the way you would like!

Intention #1: _____

Things I can do to live my intention:

- _____
- _____
- _____

Intention #2: _____

Things I can do to live my intention:

- _____
- _____
- _____

Intention #3: _____

Things I can do to live my intention:

- _____
- _____
- _____

"Our intention creates our reality."

-Wayne Dyer