

# The Intent

The intent is the deeper work on the mat, the focus beyond the postures. It is a quality that you want your students to carry through the class (on the mat) and even beyond (off the mat).

Unlike other styles of yoga where there either isn't a specific intent or the student is given the chance to set their own intent at the start of practice, in an Intention-Focused Yoga Class, the intent is selected by YOU the teacher because it is an essential ingredient in the class.

The intent is what you want your students to FEEL. It introduces your students to concepts you want them to focus on at the outset of class and helps your students move into a state of feeling, intentionality, presence, and attunement.

A few very important points:

First, the intent must be meaningful for you - it must come from a place of truth and resonance for you.

Second, when developing the intent most teachers fail to make the intent specific enough and doable enough. You must tell your students HOW to practice the intent during the class. What specifically do you want them to do or feel in each and every pose? Do not get frustrated, this is a skill that takes lots of practice.

# Categories of Intents

**01**

Aspects of Breathing  
(notice, observe, feel,  
solidify/maintain, shift)

**02**

Physical Sensations  
(notice, observe, feel,  
solidify/maintain, shift)

**03**

Emotions/Moods  
(notice, observe, feel,  
solidify/maintain, shift)

**04**

Thoughts/Mindset  
(notice, observe,  
solidify/maintain, shift)

**05**

Qualities of Energy  
(notice, observe, feel,  
solidify/maintain, shift)

**06**

Intentionality: Pick a Spot  
(notice, observe, feel,  
solidify/maintain, shift)

**07**

Quiet, Silence, Stillness  
(notice, observe, feel,  
solidify/maintain, shift)

**08**

Conceptual,  
Poetic &  
Inspirational

**09**

Spirit, Creator,  
Source, Sacredness,  
Ceremonial

This is not an exhaustive list, but a starting point. Many of these intents overlap and are not limited to just one category. Experiment with these intents. Which ones feel most exciting? Relevant? Relatable? Helpful? Powerfully weaving these intents into your sequencing will inspire your students and catapult your teaching.