



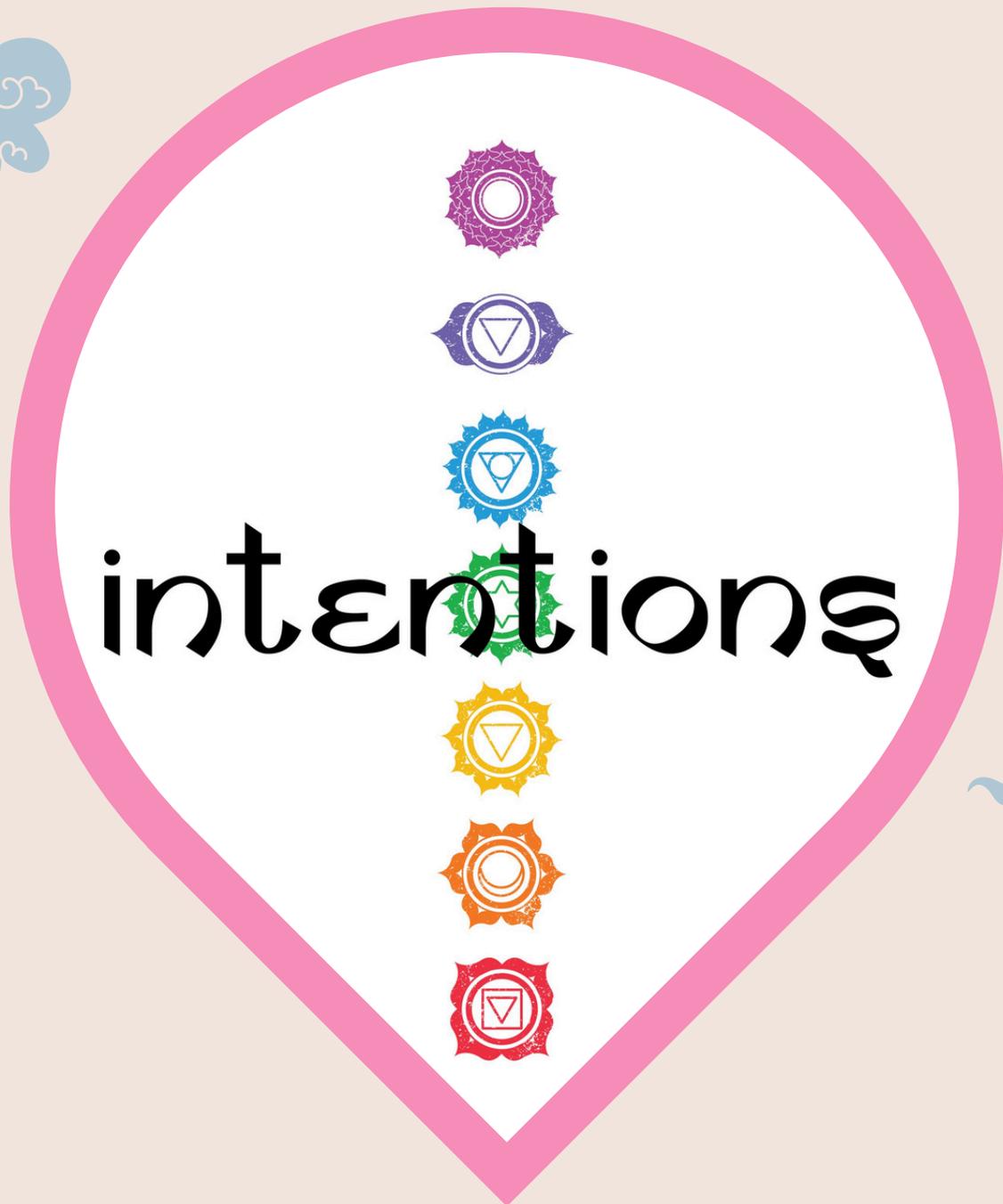
Intentional

YOGA

Challenge



Welcome To
INTENTIONS YOGA



YOUR INTENTION SETTING ROAD MAP

1

Security

2

Relationships

3

Expression

4

Connection

5

Values

6

Vision

7

Devotion



1

Security

In yoga, feeling safe is very important. It is a big part of who we are as people. Take a moment to think about what helps you feel safe in your life. Are there times when you did not feel safe? Have you been able to talk about those feelings or understand them better?

Is there anything you would like to change in your life so you can feel more secure and steady?

If you wanted to feel a grounded sense of security in your life what are some things you could do? What are some things that you might need to not do?

Examples of security:

- Living in a place where we feel comfortable and protected
- Having food to eat and a warm place to sleep
- Knowing what to expect in our day, like a routine
- Taking slow breaths or resting our body when we feel upset
- Doing activities that help our body feel calm, like yoga, stretching, or walking



In our yoga practice we can use our body to connect to the feeling of security. It resides at the base of our spine. As we move with intention we can stimulate our body to actively help us bring more security into our life!

I intend to...

create more security in my life

2

Relationships

Relationships are the connections we have with other people. They can be with family, friends, classmates, teachers, or anyone we spend time with.

Healthy relationships help us feel cared for, accepted, and supported. They can make us feel happy, calm, and like we belong.

Take a moment to think about your relationships.

Who in your life makes you feel good about being yourself?

Are there any relationships that make you feel confused, sad, or uncomfortable?

Sometimes we learn things from our relationships, even the hard ones.

We can ask ourselves:

Do I feel listened to?

Do I feel respected?

Can I be honest about how I feel?

You may also think about whether there is anything you would like to change in your relationships so they get better.

In our yoga practice we can use our body to connect to our relationships by moving our hips and pelvis. As we move with intention we can stimulate our body to actively help us release stagnant energy we are holding from unsupportive relationships

I intend to...

create healthy relationships in my life



Expression

Expression is how we share who we are with the world. It includes our words, our choices, our creativity, and how we let ourselves be seen.

When we feel comfortable expressing ourselves, we feel confident and strong inside. We feel like we are allowed to take up space and be ourselves.

Take a moment to think about how you express yourself.

Do you speak up when something feels important to you?

Do you share your ideas, feelings, or creativity?

Are there times when you stay quiet even though you want to speak?

Sometimes we hold back our expression because we are afraid of being judged or making mistakes. That is okay. We can notice this with kindness.

You may think about whether there is one small way you would like to express yourself more honestly or bravely today.

In our yoga practice we can use our body to activate the energy of our expression by connecting with our solar plexus. We can often do this with intentional breathing, Think of it like stoking the inner fire.

I intend to...

express myself fully

Connection is the feeling of being close to others and to yourself. It is how love, kindness, and care move between us.

When we feel connected, we feel supported and understood. We know we are not alone, and we feel safe to give and receive care.

Take a moment to think about connection in your life.
Who do you feel comfortable being yourself around?
When do you feel most cared for or seen?

Connection also includes how we treat ourselves.
Do you speak to yourself kindly?
Do you give yourself rest, patience, and understanding?

You may think about whether there is one small way you can strengthen connection today, with yourself or with someone else.

In our yoga practice, we can use our body to activate the energy of connection by opening and softening the heart space.

We can often do this through gentle movement and steady breathing. Think of it like allowing warmth to spread through the chest.

I intend to...

create positive connections in my life

Values are the things that matter most to us. They guide how we speak, how we act, and how we treat ourselves and others.

When we live in line with our values, it feels easier to be honest and clear. Our words feel true, and our choices feel right.

Take a moment to think about your values.
What is important to you?

What helps you know when something feels right or wrong for you? Sometimes we stay quiet or change ourselves to fit in. When this happens, we may feel uncomfortable inside.

You may think about whether your words and actions match what you truly believe, and if there is one small way you can speak or act more in line with your values today.

**In our yoga practice, we can use our
body to activate the energy of our
values by bringing awareness to the
throat and neck.**

**Steady breathing and gentle
movement help us speak and live
from what matters most.**

I intend to...

Speak my truth



6 Vision

Vision is our ability to see clearly, both in the world around us and inside ourselves. It helps us understand situations, notice patterns, and imagine what is possible.

When our vision is clear, we trust our inner knowing and make choices that feel aligned. We can pause, reflect, and see things from a wider view.

Take a moment to think about your vision.

Do you take time to listen to your inner thoughts and feelings?

Are there moments when things feel clear to you?

Are there times when you feel unsure or confused?

Vision grows when we slow down and pay attention.

You may think about whether there is one small way you can create more quiet or space today so you can see more clearly.

In our yoga practice, we can use our body to activate the energy of vision by bringing gentle awareness to the space between the eyebrows. Calm breathing and meditation help us clear the mind and see more clearly.

I intend to...

trust my inner knowing



Devotion

Devotion is about showing up with care and commitment. It is the energy of choosing what truly matters and returning to it again and again.

Devotion does not have to be big or perfect. It can look like keeping a promise to yourself, practicing even when it feels simple, or taking time to pause and reflect.

Take a moment to think about your devotion.

What feels meaningful to you?

What do you want to give your time and energy to?

Devotion grows when we act with intention.

You may think about one small way you can show up today for what matters most to you.

In our yoga practice, we can use our body to activate the energy of devotion by bringing awareness to the top of the head and the breath. Stillness and steady breathing help us feel focused, present, and connected to purpose.

I intend to...

show up fully for what truly matters in my life



CONCLUSION

Living an intentional life requires two things: awareness and embodiment. This challenge was intended to provide you with both.

When we bring our awareness to the specific areas of our life mentioned in this challenge, we begin to see what truly supports us, what drains us, and where we have the power to make choices.

Embodiment is about putting awareness into action, living it through our thoughts, words, and daily habits. A daily yoga practice is a great way to start.

Together, awareness and embodiment help us make choices with purpose, nurture ourselves, and create habits and relationships that lift us up.

Each small step we take with intention helps us live more fully, more clearly, and more in alignment with who we really are.

I do hope you have enjoyed this challenge and that it supports you to live an intentional life of joy and prosperity.

With Love, *Alecia*



ABOUT INTENTIONS YOGA

Intentions Yoga provides a clear framework for women to develop confidence, embrace their authentic selves, and share their unique gifts with the world.

Through yoga, embodiment practices, and spiritual connection, Alecia guides clients to move beyond self-doubt, reconnect with their bodies, and realize their full potential.

At the heart of Alecia's work is intention—helping individuals cultivate inner harmony so they can confidently express their voice, talents, and purpose, creating meaningful impact in their lives and communities.

Alecia is the founder of Intentions Yoga, a wellness brand rooted in trauma-informed yoga, mindfulness, and spiritual empowerment. With two decades of experience in the legal field, she brings a grounded, professional approach to expansive personal & spiritual development, supporting women to release stress, cultivate balance, and step into transformation.

Through classes, coaching, and community offerings, Alecia creates safe spaces for healing, self-discovery, and personal empowerment.

**I am loved and guided by the
universe always**

