

intentions

There are infinite reasons to practice Akasha Yoga™, however we believe all of these reasons fall into three human intentions:

- **Inquiry:** guidance, direction, “the question”
- **Imprint:** create, manifest, take possibilities to actualization
- **Integration:** healing, expansion and better treatment of oneself

inquiry

The purpose of the inquiry intention is to receive guidance and direction.

Inquiry is where we ask a question and offer it up to the Guides of the Akasha. The guides are a group of non-physical energy, here to help guide and support you in this lifetime. They are not prescribing a purpose or a journey for you. Instead, they commune with you with the singular purpose of advancing your soul. The more you tap into the frequency of the Akasha with the intention of inquiry, the stronger your intuition will become on and off your mat.

During an *Inquiry Akasha Yoga™* class, we will start with a guided meditation. Progress through yoga asanas and end with an extended period of reflection before reciting the closing sacred prayer.

imprint

The purpose of the imprint intention is to create, manifest and take possibilities to actualization.

When we talk about the Akasha as the primary substance, we are referring to the energy in its earliest stages before it has been directed by our individual thoughts in any lifetime. This primary substance can indeed be guided by the mind. It is where all things are born by the power of our thoughts – we literally imprint upon the primary substance and bring it into existence. Our thoughts create our world. We use tools such as guided meditation, daydreaming, affirmations to imprint upon the primary substance.

During an *Imprint Akasha Yoga™* class, we will start with the sacred prayer. Then, progress through yoga asanas and end with sacred chanting and an extended guided meditation before reciting the closing sacred prayer.

integration

The purpose of the integration intention is for healing, expansion and better treatment of oneself.

The goal is to shift your energy into a high frequency so Truth can be recognized. The Ultimate Goal is to become so elevated that you fall in love with every aspect of yourself. The permanent resolution of any problem requires a permanent evolution of the soul. When you set out to integrate with the Akasha, the energy of the Akasha meets your human energy and a vibrational alchemy takes place. On the human plane this translates into us releasing negative emotions and repetitive thought patterns.

During an *Integration Akasha Yoga™* class, we will start with the sacred prayer and brief guided meditation. Then, sacred chanting, that will lead us to our yoga asanas. We end with an extended period of reflection before reciting the closing sacred prayer.