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Moving with heart: Tools for manifesting through the ritual of Sankalpa

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What is Sankalpa? A Sankalpa devotion ultimately asks us to create the life that brings us joy. We are prompted to channel our deepest heartfelt desires and respond to those callings. This practice also supports the Law of Attraction as it motivates us to access these intentions and dedicate our focus towards what we wish to manifest. The benefit of a Sankalpa practice is that it asks us to continually develop and revisit our aspirations as a way to instill ritual and always begin again. This event aims to open awareness to our true heart's desire, renew the mind, body, spirit, as well as help practitioners to cultivate mindful intentions for everyday living. Koren will guide this workshop using threads of opening and closing meditations in addition to asana work that will both energize and restore the body. Concluding with journaling and reflection activities for deeper introspection, this focus will allow you to actively engage with a clear mindset. Through meditation, Mindful yoga, guided self-inquiry and more, students will be prompted to consider what does and can create more positive meaning in their lives. This guidance will seek to uproot the true, inner purpose around our intentions and also discover the tools towards manifestation. This is an all-levels workshop that will guarantee a mindfully conscious and inspired a new outlook on our aspirations. More about Sankalpa: Sankalpa is a Sanskrit word that focuses on resolve, aligning with our heart's desire, discovering our ultimate truth, Dharma. The Sankalpa premise begins with the notion that we are already complete. Essentially, Sankalpa asks us to live the life that brings us joy and to embrace and channel our authentic knowing. Much of the emphasis within Sankalpa is similar to the law of attraction practices. Rather than committing our attention to what we don't want in our lives, the law of attraction emphasizes that we dedicate our awareness to what we wish to manifest. Through this practice, our mind and energy naturally evolve towards positive thinking, genuine intention, fulfillment.

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