



Collaborative Motion

Free Guide to Setting Intentions

Vision

Contribute to a wiser and more compassionate future through:

- Deconstructing oppressive structures and constructing creative, just and inclusive communities and visions of the future.
- Developing & inspiring purposeful, ethical leaders/activists/healers that lead sustainably with wisdom, compassion and contribute to solutions in the world
- Partner with others to find and live their purpose and to live sustainably with courageous congruence, wisdom and compassion to the best of their ability given the circumstances they find themselves in

About Us

We are a family run business based in Haarlem, The Netherlands founded by Skylar Haven and their partner Trish. In addition to being a highly experienced accredited coach, mindfulness trainer and yoga therapist, Skylar's career has included many years in organisations in leadership, management, adult development, website development, and social good focused work. Trish's career has included many years in education as well as non-profits focused on children, their families and teacher training. Additionally, we work with trusted collaborators and a referral network of specialists in varying fields.

What we do

Yoga Therapy

Yoga therapy is a process of empowering an individual to move towards increased health, wellbeing and inner balance through the tailored application of Yoga principles and practices including movement, breath work, relaxation, meditation, lifestyle advice and philosophy. It is a holistic mindbody therapy which has been shown to be an effective complementary therapy in treating many physical, mental, and emotional ailments.

Holistic Coaching

Tailored holistic support and a powerful body-mind approach that generates the insights you need while guiding you in discovering practical tools and developing the skills you need to get the changes you want.

Training

We deliver experience-based body-mind trainings designed to support personal and collective wellbeing. Our standard offering includes individual or small group Yoga, Mindfulness, and Compassion as well as the Resilience Booster and LGBTQIA+ Inclusive practitioner trainings.

What are intentions?

- Intentions are meaningful directions to move towards in your current life and situation rather than goals.
- They connect you to the things which matter most to you such as your values.
- They are expressions of your best self that give you an alternative to automatic patterns.
- They are reminders of your agency – what you can control.
- They are about you.
- They are evolving.

Exercise: Set your intention

1. Take some time to write down some thoughts in response to these prompts.
 - a. What's something that you do/think/feel that you would like to see more of/less of in your life?
 - b. What would you do/think/feel differently if this were the case?
 - c. What personal value would you like to express in this?
2. Use your answers to create some intentions using these guidelines:
 - a. Present tense – experienced now
 - b. Resonant & concise
 - c. Positive – moving towards rather than away from
Example: I move with confidence and ease. I handle difficult situations with joy and peace.

- d. Stated as something that is being experienced now
3. Take a look at the intentions you created and see which one(s) resonates with you the most in this moment.
4. Take some time to work with this intention and see what happens. Remember, intentions are evolving and changing, they are not set in stone.
5. Keep a notebook/journal of the intentions that you use over time.

Ways to work with your intention

- There are many ways to keep your intention in mind throughout the days and weeks. You'll find the more you focus on it, and begin to consciously align behavior around it, the more natural it becomes.
- At the start of the day, take a few minutes to journal about your intention and any concrete actions you might be able to take that align with it.
- At the end of the day, reflect back on where you felt most/least aligned with your intention.
- Write your intention down and keep a reminder of it somewhere in front of you during the day
- Try meditating on the intention for a few minutes each day. You could do this by repeating the words to yourself kindly for a few minutes, using it as an intention statement in a Yoga Nidra guided practice (http://insig.ht/gm_164113), or in a centering exercise (http://insig.ht/gm_68986)
- You could state your intention to yourself before challenging moments, before exercise, during yoga, etc.