

<https://FeathermaneSoul.com>

CREATE YOUR
sankalpa



by Kit Caelsto

This workbook is copyright 2025. All Rights Reserved

What makes a good *sankalpa*?

The Sanskrit word *sankalpa* translates to a heartfelt desire, a solemn vow, or an intention.

Why create a *sankalpa* for yoga nidra? One of the benefits of yoga nidra is that it enhances the learning process. Additionally, while you are focusing on various body parts the *sankalpa* for the practice can help direct your mind during the times when it is not actively moving around the body. Your intention will help you focus and provide a guide for the journey.

What makes a good *sankalpa*? The subconscious mind works only in the now. So your intention should be phrased in the present tense, “I am peaceful.” Or use phrases like I have, I embody, I create, or other similar present tense phrases.

Keep it simple. “I am peaceful” is a better intention than “I create peace and harmony wherever I go”.

What do you want for your *sankalpa*?

How would you phrase your *sankalpa*?

*Use the worksheet provided to help craft your *sankalpa* if you need help.*

Creating Your *Sankalpa*

The goal of your *sankalpa* is to create an intention that will help keep your focus during your yoga nidra session, but also serve as a mantra you can use outside of the session as well.

Your *sankalpa* should be positive, in the present tense, and affirmative.

If you are not sure, then go inward and ask yourself: what do I need right now?

Example *sankalpa* mantras

I am peaceful.

I am compassionate.

I share holiday cheer.

I live an abundant life.

I am fearless.

Complete the following

My Sankalpa is:

**Make sure you get the most out of your 2025
Holiday Yoga Nidra Retreat and purchase the
bundle for only \$12 by visiting
<https://FeathermaneSoul.com/25HYNRB>**



- ✓ Recordings of each of the four livestreams so you can experience the benefits of yoga nidra whenever you want.
- ✓ A retreat workbook for gentle exploration and discovery
- ✓ A 25% off coupon for your first private yoga nidra/meditation booking (single session or package)

**After the retreat this will go on sale for \$29,
but you can purchase for \$12 by visiting
<https://FeathermaneSoul.com/25HYNRB>**



About Me

Kit Caelsto (they/them)

I am a spiritual storyteller who helps people reclaim and recreate their spiritual stories so they can see the divine within and connect with the divine without.

The longer version? I've always been a storyteller and am a prolific published author in multiple genres. However being diagnosed as neurodivergent and realizing I was queer in my late 40s, not to mention living with a chronic illness/disability since my 20s really caused me to rethink my stories. What am I telling myself? What did I take from others that wasn't true? Who am I? By investigating these questions with gentle curiosity, I've uncovered my authentic self under layers of should haves, would haves, and could haves that were placed upon me. Today, I use a variety of tools including yoga, meditation, equine and nature wisdom, tarot, oracle cards, archetypes, energy work and tapping to help others find the answers to those questions and more.

I'm on a mission to help people discover their own embodied truth, divinity, and create their own re-story-ation to free their spirits and fly.

Learn more at <http://FeathermaneSoul.com> or email kit@feathermanesoul.com