



Yoga Class Curator Office Hours Transcript

August 10 2022

00:00:09.240 --> 00:00:10.110

Susanna Barkataki (she/her): Welcome

2

00:00:15.210 --> 00:00:16.980

Susanna Barkataki (she/her): So lucky to see folks.

3

00:00:19.770 --> 00:00:20.640

Susanna Barkataki (she/her): coming in.

4

00:00:22.590 --> 00:00:33.450

Susanna Barkataki (she/her): The music get some water tea and then invite you to grab a piece of paper and colored pens or pencils or just a pen or pencil.

5

00:00:35.730 --> 00:00:40.260

Susanna Barkataki (she/her): can also use eternal, if you prefer not to do that now you don't.

6

00:00:56.130 --> 00:00:56.700

Susanna Barkataki (she/her): moment.

7

00:00:57.750 --> 00:00:58.140

Susanna Barkataki (she/her): and

8

00:01:57.660 --> 00:02:00.540

Susanna Barkataki (she/her): Welcome welcome welcome everyone.

9

00:02:02.430 --> 00:02:14.310

Susanna Barkataki (she/her): i'm so excited and I am a little nervous, I think, because it's new it's like first day of school energy a little bit and I always say to myself and to my students.

10

00:02:15.360 --> 00:02:28.230

Susanna Barkataki (she/her): When we're nervous, because we really care, and this is so important to me, each of us so important to me and i'm so grateful that you're here and they care about deepening with yoga in this way.

11

00:02:30.540 --> 00:02:44.400

Susanna Barkataki (she/her): So we're going to begin with a little bit of a drop in a little practice to so you can kind of know what's to come we'll do a little guided meditation then a.

12

00:02:46.020 --> 00:02:51.480

Susanna Barkataki (she/her): i'll share some just kind of like guidelines and some of the common questions coming coming up.

13

00:02:53.610 --> 00:03:05.430

Susanna Barkataki (she/her): And then we'll do a little prettier higher practice and it's for that party higher that focus practice that if you would like you can grab a piece of paper will be making a flower on it.

14

00:03:06.240 --> 00:03:16.080

Susanna Barkataki (she/her): or journal pen or pencils colored pencils, if you like, to do that, you don't need to have it, if you prefer to just visualize or take it in.

15

00:03:17.130 --> 00:03:19.170

Susanna Barkataki (she/her): And then.

16

00:03:21.330 --> 00:03:22.080

Susanna Barkataki (she/her): we'll.

17

00:03:24.660 --> 00:03:31.110

Susanna Barkataki (she/her): we'll answer it will do that practice then i'll answer some of the questions that came in and if there's extra time we'll tap here.

18

00:03:31.800 --> 00:03:45.360

Susanna Barkataki (she/her): So just a couple kind of guidelines for being in the space together if you need any tech support at any time in

the program, the best thing to do is email support at ignite be well calm.

19

00:03:46.020 --> 00:03:55.920

Susanna Barkataki (she/her): And Tijuana and to on his team will be able to help you, the reason I asked you to do me not healthy because i'm not great at tech support.

20

00:03:56.340 --> 00:04:08.370

Susanna Barkataki (she/her): But what it really is now to learn it and her team are all incredible tech wizards and they know so much they'll be able to help you problem solve they also.

21

00:04:08.730 --> 00:04:26.610

Susanna Barkataki (she/her): Her whole team are all parents and so they work regular business hours, so you know, like daytime nine to five or so not weekends, and so, if you email us at three or four or five on a Friday, you probably won't get a response until early the next week so just so you know that, too, and.

22

00:04:28.050 --> 00:04:38.430

Susanna Barkataki (she/her): If you have any questions or things are happening in the office hours that you want support with and you need support like right now real time live.

23

00:04:38.760 --> 00:04:52.560

Susanna Barkataki (she/her): Andrea is here, and maybe until you can wave and just say hi to folks and Andre is here to support, so you can message Andre directly and still help you out and then.

24

00:04:54.330 --> 00:05:04.800

Susanna Barkataki (she/her): The only other thing to note that I want to share, as I have us right now So anyone who comes in, is muted that's just temporary it's for the drop in so we can kind of have that auditory.

25

00:05:05.130 --> 00:05:18.990

Susanna Barkataki (she/her): us in our nervous systems, but later when we're chatting and you know if your question is the one that i'm bringing up and you want to speak up live you absolutely can so we'll have that that kind of conversational exploration in a minute.

26

00:05:20.760 --> 00:05:23.430

Susanna Barkataki (she/her): To think if there's anything else and.

27

00:05:25.050 --> 00:05:31.620

Susanna Barkataki (she/her): The other big thing is i'm here really to co create a space of learning.

28

00:05:32.100 --> 00:05:44.160

Susanna Barkataki (she/her): And so i'm the guide but i'm not the expert, you are the expert, and so the space is intended to invite critical thinking and and harmfulness and care and connection.

29

00:05:44.640 --> 00:05:58.290

Susanna Barkataki (she/her): So i'll share my views and my thoughts, but nothing that I say here is intended to be taken as like this is law, this is exactly how it, how it should be it's more for you to find that in our autonomy which, in my mind is what any.

30

00:05:58.680 --> 00:06:04.770

Susanna Barkataki (she/her): Any yoga leader any yoga teacher is doing in any space where we're in a position of power.

31

00:06:05.490 --> 00:06:16.320

Susanna Barkataki (she/her): or teaching capacity That said, I also know that these spaces are imperfect, and so in a moment i'll go over some of the guidelines in terms of like care in the community.

32

00:06:16.620 --> 00:06:21.780

Susanna Barkataki (she/her): If we cause harm or if someone says something that's miss gendering things like that.

33

00:06:22.440 --> 00:06:33.150

Susanna Barkataki (she/her): And I am not immune to this things, and so, if at any point there's something that arises in the office hours that you're like Oh, that really needs to be addressed you can message under and i'll make sure I know.

34

00:06:33.840 --> 00:06:46.860

Susanna Barkataki (she/her): So I think with that we will begin our dropping yes wonderful okay so wherever you are, you can take a moment into stretch.

35

00:06:49.230 --> 00:06:53.400

Susanna Barkataki (she/her): And then bring your arms up any amount away from the earth.

36

00:06:54.870 --> 00:07:00.420

Susanna Barkataki (she/her): Let them rest down the sides you going to invite the bell.

37

00:07:01.530 --> 00:07:04.500

Susanna Barkataki (she/her): So we can listen to the sound, to help us drop in.

38

00:07:06.000 --> 00:07:17.100

Susanna Barkataki (she/her): You can be in any shape at all, not like the shape you think you need to be in when someone says we're going to practice or we're going to meditate or we're going to focus, maybe your shape is different so maybe experiment with like.

39

00:07:17.430 --> 00:07:32.340

Susanna Barkataki (she/her): leading to the side or sitting up you know differently than you normally sit leaning back on a chair on a SOFA lying down there, these are all very welcome ways to be when you're practicing.

40

00:08:05.700 --> 00:08:06.870

Susanna Barkataki (she/her): orienting.

41

00:08:07.980 --> 00:08:10.830

Susanna Barkataki (she/her): breath as you breathe in.

42

00:08:12.060 --> 00:08:12.870

Susanna Barkataki (she/her): And out.

43

00:08:16.260 --> 00:08:29.190

Susanna Barkataki (she/her): Welcome yourself to this space, the inaugural office hours for some we're here to embody the roots of yoga from the Indus valley culture.

44

00:08:30.330 --> 00:08:36.030

Susanna Barkataki (she/her): Saraswati river Valley, to support our personal and collective liberation.

45

00:08:39.660 --> 00:08:47.760

Susanna Barkataki (she/her): And this moment, you can soften a bit know that you're doing enough, you are enough.

46

00:08:49.140 --> 00:08:50.670

Susanna Barkataki (she/her): Arriving and showing up.

47

00:08:52.500 --> 00:08:53.790

Susanna Barkataki (she/her): something to celebrate.

48

00:08:55.890 --> 00:08:58.410

Susanna Barkataki (she/her): So you can call, in whatever supports you.

49

00:08:59.520 --> 00:09:11.070

Susanna Barkataki (she/her): Your spiritual blood land ancestors yoga ancestors any energies of care and support for this path and for your practice today.

50

00:09:21.270 --> 00:09:23.400

Susanna Barkataki (she/her): Now, on your next inhale.

51

00:09:25.050 --> 00:09:32.280

Susanna Barkataki (she/her): feel all that supports you and on your next exhale soften a little bit into that support.

52

00:09:34.590 --> 00:09:42.210

Susanna Barkataki (she/her): inhaling feeling support exhaling softening and receiving.

53

00:09:44.130 --> 00:09:46.890

Susanna Barkataki (she/her): The rootedness the grounded ness of that support.

54

00:09:49.110 --> 00:09:50.280

Susanna Barkataki (she/her): Maybe it's the earth.

55

00:09:52.440 --> 00:09:53.640

Susanna Barkataki (she/her): Under your feet.

56

00:09:54.960 --> 00:09:59.970

Susanna Barkataki (she/her): chair blanket or cushion under your hips and buttocks.

57

00:10:01.950 --> 00:10:02.820

Susanna Barkataki (she/her): The wall.

58

00:10:04.380 --> 00:10:06.360

Susanna Barkataki (she/her): or whatever supporting your back.

59

00:10:07.830 --> 00:10:12.210

Susanna Barkataki (she/her): That earthiness that ground goodness within you and all around you.

60

00:10:16.890 --> 00:10:19.230

Susanna Barkataki (she/her): i'm going to do a guided visualization.

61

00:10:20.580 --> 00:10:40.200

Susanna Barkataki (she/her): And you can feel free to visualize with me, or if, at any point when i'm sharing doesn't feel supportive to you, you can turn the sound down or do your own visualization come back to your breath, and this is a visualization of around watering the seeds of yoga within you.

62

00:10:43.080 --> 00:10:45.000

Susanna Barkataki (she/her): So envision some.

63

00:10:46.170 --> 00:10:46.470

Susanna Barkataki (she/her): or.

64

00:10:48.300 --> 00:10:50.220

Susanna Barkataki (she/her): Maybe a patch of ground.

65

00:10:52.680 --> 00:10:56.640

Susanna Barkataki (she/her): could be a field or fertile plane.

66

00:10:58.200 --> 00:11:00.690

Susanna Barkataki (she/her): could be a triangle, or a corner of Earth.

67

00:11:02.430 --> 00:11:03.810

Susanna Barkataki (she/her): Somewhere in your neighborhood.

68

00:11:04.980 --> 00:11:08.250

Susanna Barkataki (she/her): or somewhere entirely made up in your imagination.

69

00:11:12.030 --> 00:11:15.930

Susanna Barkataki (she/her): and imagine that you go to this place.

70

00:11:17.040 --> 00:11:19.620

Susanna Barkataki (she/her): smell that fresh earthy smell.

71

00:11:21.870 --> 00:11:23.820

Susanna Barkataki (she/her): All the nutrients in the soil.

72

00:11:25.770 --> 00:11:31.230

Susanna Barkataki (she/her): And in the soil, you crouch down or bend over sit down.

73

00:11:34.530 --> 00:11:38.100

Susanna Barkataki (she/her): and use a towel or your hand and dig a little bit down.

74

00:11:39.270 --> 00:11:40.590

Susanna Barkataki (she/her): into the earth.

75

00:11:42.870 --> 00:11:43.740

Susanna Barkataki (she/her): Creating.

76

00:11:45.090 --> 00:11:46.110

Susanna Barkataki (she/her): A little home.

77

00:11:49.590 --> 00:11:52.110

Susanna Barkataki (she/her): And into that home from your other hand.

78

00:11:56.460 --> 00:12:07.740

Susanna Barkataki (she/her): There rises a seed and the seed holds within it all of the knowledge and the practice of yoga all of this wisdom tradition.

79

00:12:11.190 --> 00:12:12.450

Susanna Barkataki (she/her): The magical seed.

80

00:12:13.860 --> 00:12:23.100

Susanna Barkataki (she/her): tied to imagine that thousands of years of teachings and all these different paths could be contained here and but everything that's needed is in the seed.

81

00:12:25.560 --> 00:12:27.000

Susanna Barkataki (she/her): You might smile at it.

82

00:12:28.170 --> 00:12:32.760

Susanna Barkataki (she/her): feel its power its potential let's just a little seat.

83

00:12:33.870 --> 00:12:39.900

Susanna Barkataki (she/her): Right now, it needs different conditions than sitting in your hand to grow.

84

00:12:41.190 --> 00:12:43.590

Susanna Barkataki (she/her): And so you know this, and so, when you feel ready.

85

00:12:46.050 --> 00:12:54.540

Susanna Barkataki (she/her): tilt your hand and lovingly carefully chop the seed into the hole in the earth.

86

00:12:58.440 --> 00:13:02.550

Susanna Barkataki (she/her): Look at it for a moment, maybe sending some wishes, along with it.

87

00:13:04.080 --> 00:13:07.500

Susanna Barkataki (she/her): You grow and benefit me and all beings.

88

00:13:09.030 --> 00:13:13.320

Susanna Barkataki (she/her): You have all of the conditions to support your flourishing.

89

00:13:16.800 --> 00:13:18.720

Susanna Barkataki (she/her): hate grow into your full self.

90

00:13:21.360 --> 00:13:22.830

Susanna Barkataki (she/her): And when you feel ready.

91

00:13:24.690 --> 00:13:29.340

Susanna Barkataki (she/her): To take the earth smelling it as you move it.

92

00:13:30.570 --> 00:13:32.340

Susanna Barkataki (she/her): Slowly cover the seed.

93

00:13:33.810 --> 00:13:40.170

Susanna Barkataki (she/her): Like you're tucking in a baby or taking in something or someone you care about padding the earth gently.

94

00:13:44.700 --> 00:13:50.910

Susanna Barkataki (she/her): When it's nicely covered you take watering cabinets appeared next to you.

95

00:13:53.100 --> 00:13:57.720

Susanna Barkataki (she/her): and see the eight holes that the water pours through.

96

00:13:59.820 --> 00:14:04.110

Susanna Barkataki (she/her): rainbows glinting off the drops as they fall onto the earth.

97

00:14:05.760 --> 00:14:09.900

Susanna Barkataki (she/her): Giving the seed, the conditions that it needs to flourish and grow.

98

00:14:16.140 --> 00:14:18.600

Susanna Barkataki (she/her): Now you might envision your heart.

99

00:14:19.770 --> 00:14:25.740

Susanna Barkataki (she/her): Is a seed, just like this that you've planted you can place the watering can down.

100

00:14:26.760 --> 00:14:39.450

Susanna Barkataki (she/her): And now move away a little bit sitting in the shade or resting your back against a tree that's near the seed that you've planted knowing that you've done what you needed to do to begin.

101

00:14:41.430 --> 00:14:43.680

Susanna Barkataki (she/her): Supporting this seed and its growth.

102

00:14:45.630 --> 00:14:50.280

Susanna Barkataki (she/her): And as you rest, you can feel the seed within you as well.

103

00:14:53.640 --> 00:14:56.340

Susanna Barkataki (she/her): settled at home.

104

00:14:57.540 --> 00:14:58.860

Susanna Barkataki (she/her): In the right place.

105

00:15:00.990 --> 00:15:04.590

Susanna Barkataki (she/her): And, just like you water that seed out in the earth.

106

00:15:06.030 --> 00:15:09.300

Susanna Barkataki (she/her): And the sunlight now feeds down.

107

00:15:10.860 --> 00:15:18.210

Susanna Barkataki (she/her): The process of termination and then budding shoots and then growth.

108

00:15:20.280 --> 00:15:30.030

Susanna Barkataki (she/her): up through the earth and into the world has started, what are the things that support you on your practice on your path.

109

00:15:33.090 --> 00:15:36.360

Susanna Barkataki (she/her): With yoga and really with your own.

110

00:15:37.650 --> 00:15:41.280

Susanna Barkataki (she/her): Small self connecting to the greater self.

111

00:15:44.130 --> 00:15:45.780

Susanna Barkataki (she/her): To who you are here to be.

112

00:15:51.330 --> 00:15:55.860

Susanna Barkataki (she/her): All of these things, the water, the sunlight the care the tending.

113

00:15:57.150 --> 00:16:01.950

Susanna Barkataki (she/her): souza way of practicing ahimsa of care.

114

00:16:04.230 --> 00:16:12.090

Susanna Barkataki (she/her): To yourself, and also to nurturing and watering the seeds of yoga itself of the people in your life.

115

00:16:13.320 --> 00:16:15.270

Susanna Barkataki (she/her): The causes that you care for.

116

00:16:17.670 --> 00:16:25.440

Susanna Barkataki (she/her): And if we'd start to grow or other things encroach on the area that the seed is growing in in you or outside in the world.

117

00:16:26.490 --> 00:16:32.790

Susanna Barkataki (she/her): And gently pruning letting go of the things moving away the things that don't support.

118

00:16:36.960 --> 00:16:37.470

Susanna Barkataki (she/her): Your.

119

00:16:40.170 --> 00:16:40.800

Susanna Barkataki (she/her): power.

120

00:16:42.000 --> 00:16:46.410

Susanna Barkataki (she/her): You love yourself trust yourself autonomy.

121

00:16:48.660 --> 00:16:50.910

Susanna Barkataki (she/her): boundaries can be.

122

00:16:54.750 --> 00:16:59.490

Susanna Barkataki (she/her): The distance in the space at which you care for yourself.

123

00:17:06.270 --> 00:17:15.090

Susanna Barkataki (she/her): So now, as time passes the seed out in the world, maybe you've gone away and come back to check on it and there's shoots.

124

00:17:16.170 --> 00:17:24.180

Susanna Barkataki (she/her): and leaves starting to sprout and even a central circle from which sprouts eight pedals.

125

00:17:26.880 --> 00:17:36.060

Susanna Barkataki (she/her): And each of these pedals represents a quality of the path and the practice of yoga this path of liberation.

126

00:17:38.550 --> 00:17:40.440

Susanna Barkataki (she/her): To each of these eight pedals.

127

00:17:41.490 --> 00:17:42.540

Susanna Barkataki (she/her): surrounds.

128

00:17:44.250 --> 00:17:45.720

Susanna Barkataki (she/her): The Center of the flower.

129

00:17:47.280 --> 00:17:48.870

Susanna Barkataki (she/her): And at the flower Center.

130

00:17:50.340 --> 00:17:50.970

Susanna Barkataki (she/her): Is you.

131

00:17:53.310 --> 00:17:54.270

Susanna Barkataki (she/her): salsa yoga.

132

00:17:55.980 --> 00:17:57.600

Susanna Barkataki (she/her): Which means everything is their.

133

00:17:58.800 --> 00:17:59.490

Susanna Barkataki (she/her): Union.

134

00:18:01.020 --> 00:18:02.280

Susanna Barkataki (she/her): With all that is.

135

00:18:05.160 --> 00:18:13.980

Susanna Barkataki (she/her): And as you look at each pedal it blooms into one of the eightfold path, one of the eight limbs.

136

00:18:19.050 --> 00:18:25.830

Susanna Barkataki (she/her): Not necessarily just as you've been taught it but has it served you as it works for you.

137

00:18:27.390 --> 00:18:28.800

Susanna Barkataki (she/her): In your practice and path.

138

00:18:29.820 --> 00:18:46.320

Susanna Barkataki (she/her): So you see the first pedal maybe says, or is a pedal of guide or inner and outer integrity bms the next pedal maybe self love or respect.

139

00:18:47.400 --> 00:18:50.190

Susanna Barkataki (she/her): The knee emma's the third pedal.

140

00:18:51.450 --> 00:18:56.220

Susanna Barkataki (she/her): loving your body movement or energy asana.

141

00:18:57.420 --> 00:19:05.160

Susanna Barkataki (she/her): The fourth life force breath or whatever is supportive to you piniella.

142

00:19:07.050 --> 00:19:11.610

Susanna Barkataki (she/her): Fifth pedal party hora concentration.

143

00:19:12.630 --> 00:19:14.580

Susanna Barkataki (she/her): passion engagement.

144

00:19:16.260 --> 00:19:17.520

Susanna Barkataki (she/her): The sixth pedal.

145

00:19:21.540 --> 00:19:24.240

Susanna Barkataki (she/her): Focus insight.

146

00:19:25.260 --> 00:19:26.040

Susanna Barkataki (she/her): tiana.

147

00:19:27.510 --> 00:19:30.720

Susanna Barkataki (she/her): Next pedal the seventh meditation.

148

00:19:32.100 --> 00:19:32.970

Susanna Barkataki (she/her): connection.

149

00:19:34.410 --> 00:19:38.730

Susanna Barkataki (she/her): And the eighth pedal toy bliss so maddie.

150

00:19:41.430 --> 00:19:48.390

Susanna Barkataki (she/her): And feeling yourself so centered so supported by each of these pedals.

151

00:19:50.280 --> 00:19:58.470

Susanna Barkataki (she/her): No one of them is greater or less than any other pedal each of them a supportive path to your practice.

152

00:20:01.560 --> 00:20:03.780

Susanna Barkataki (she/her): And to you connecting.

153

00:20:04.800 --> 00:20:06.330

Susanna Barkataki (she/her): To all of yourself.

154

00:20:09.300 --> 00:20:10.560

Susanna Barkataki (she/her): So taking a moment.

155

00:20:12.210 --> 00:20:13.920

Susanna Barkataki (she/her): to feel how this feels.

156

00:20:15.150 --> 00:20:21.120

Susanna Barkataki (she/her): All of the conditions for growth for evolution for support around you.

157

00:20:26.340 --> 00:20:28.050

Susanna Barkataki (she/her): And then, as you're ready.

158

00:20:30.150 --> 00:20:33.270

Susanna Barkataki (she/her): stretching your arms out maybe envisioning that their.

159

00:20:35.970 --> 00:20:39.000

Susanna Barkataki (she/her): leaves or pedals growing.

160

00:20:40.920 --> 00:20:54.000

Susanna Barkataki (she/her): And then we're going to come out of this meditative practice into a particular practice into a focus practice so you can bring some of the insights from that meditation into.

161

00:20:55.440 --> 00:20:58.290

Susanna Barkataki (she/her): The world with you, and so I invite you.

162

00:21:00.090 --> 00:21:01.050

Susanna Barkataki (she/her): To take a moment.

163

00:21:02.250 --> 00:21:03.930

Susanna Barkataki (she/her): And look around you.

164

00:21:06.450 --> 00:21:15.210

Susanna Barkataki (she/her): will allow the energy of that flower that seed that's blooming to be the most present and then take your paper.

165

00:21:17.400 --> 00:21:21.870

Susanna Barkataki (she/her): And if you would like draw a circle.

166

00:21:23.190 --> 00:21:29.610

Susanna Barkataki (she/her): To this, so you can see, draw a circle at the Center big enough that you can write inside it.

167

00:21:30.630 --> 00:21:45.360

Susanna Barkataki (she/her): And then I did this a few times and I had trouble making for pedal they ate pedals so my suggestion, if you think you might have that same experience is to start by drawing.

168

00:21:46.860 --> 00:21:58.800

Susanna Barkataki (she/her): For so one at the top one at the bottom, one on the left, one on the right, and then you can fill in the other four in between.

169

00:22:07.680 --> 00:22:15.390

Susanna Barkataki (she/her): The paddles big enough that you can write in them, and it doesn't have to look any certain type of way.

170

00:22:17.040 --> 00:22:18.750

Susanna Barkataki (she/her): You can, if you would like to.

171

00:22:19.920 --> 00:22:21.570

Susanna Barkataki (she/her): Make your stem.

172

00:22:22.830 --> 00:22:23.640

Susanna Barkataki (she/her): and your.

173

00:22:24.870 --> 00:22:25.620

Susanna Barkataki (she/her): Believes.

174

00:22:28.140 --> 00:22:35.640

Susanna Barkataki (she/her): can be creative with it using different colors and then at the Center you can put your name.

175

00:22:36.660 --> 00:22:40.650

Susanna Barkataki (she/her): And the word yoga or your yoga journey whatever resonates there.

176

00:22:59.640 --> 00:23:02.550

Susanna Barkataki (she/her): My name in the Center Suzanne is yoga path.

177

00:23:04.200 --> 00:23:07.230

Susanna Barkataki (she/her): And then, based on what a rose for you.

178

00:23:09.570 --> 00:23:21.690

Susanna Barkataki (she/her): Create your supports with the eight limbs so maybe maybe you don't right, I mean you can write the Ms but how do you experience the Ms are they.

179

00:23:24.180 --> 00:23:25.800

Susanna Barkataki (she/her): supports or.

180

00:23:27.090 --> 00:23:28.050

Susanna Barkataki (she/her): guides.

181

00:23:29.340 --> 00:23:36.870

Susanna Barkataki (she/her): or integrity right whatever word is going to cue you into what supports your practice.

182

00:23:38.610 --> 00:23:45.840

Susanna Barkataki (she/her): For the nia emma's love or respect of self can put their.

183

00:23:48.000 --> 00:23:56.820

Susanna Barkataki (she/her): Think keep going around i'll give you just a minute to do that, yes, I can list the categories right now.

184

00:24:18.780 --> 00:24:26.910

Susanna Barkataki (she/her): i'm going to share my screen to give you a visual and let me know, do you see a flower on the screen.

185

00:24:27.600 --> 00:24:36.660

Susanna Barkataki (she/her): yeah so this, these are just my notes for myself it's icy I have the office hours questions, I am a prepare and.

186

00:24:37.350 --> 00:24:52.290

Susanna Barkataki (she/her): Here you've got the emma's and please don't feel that you have to use the words that are here, you can use your own words like for me the Ms or like integrity so mine says integrity or guides.

187

00:24:53.910 --> 00:25:13.560

Susanna Barkataki (she/her): And I do this exercise, when I teach yoga to two children, and they can understand i've taught yoga to elementary school to preschool and they each by the end of the first week have their own yoga flower with the own their things that connect them to what supports them.

188

00:25:16.380 --> 00:25:17.970

Susanna Barkataki (she/her): See how I can do this.

189

00:25:41.550 --> 00:25:42.030

Susanna Barkataki (she/her): dropped.

190

00:25:46.230 --> 00:25:46.980

Susanna Barkataki (she/her): into.

191

00:25:49.380 --> 00:25:51.720

Susanna Barkataki (she/her): Your final finding your own words.

192

00:25:59.220 --> 00:26:10.710

Susanna Barkataki (she/her): I love about this, this practice is it really is like are watering the seeds literally of the flower of yoga wisdom.

193

00:26:12.720 --> 00:26:14.280

Susanna Barkataki (she/her): In this whole process.

194

00:26:16.590 --> 00:26:18.270

Susanna Barkataki (she/her): is a practice of ahimsa.

195

00:26:19.440 --> 00:26:33.570

Susanna Barkataki (she/her): it's a practice of watering the seeds in in you and me that lead to our liberation and moving away the leads the things that they get in the way we're not focusing on those as much.

196

00:26:38.520 --> 00:26:41.370

Susanna Barkataki (she/her): So we'll take a few more.

197

00:26:42.630 --> 00:26:49.500

Susanna Barkataki (she/her): Maybe a minute more you can always I know some of you might be feeling a bit perfectionist stick.

198

00:26:51.750 --> 00:27:00.720

Susanna Barkataki (she/her): And I invite you to soften it's Okay, because it's here as a signifier it's here's a reminder, and if, as a party or hora or the higher.

199

00:27:01.110 --> 00:27:06.450

Susanna Barkataki (she/her): Concentration practice, you want to go back later and make a beautiful, you know intricate flower.

200

00:27:06.810 --> 00:27:21.480

Susanna Barkataki (she/her): That you then put up somewhere on your kitchen and your bathroom and your room by your altar you always can do that, but I also invite you to drop the need for it to be perfect and allow it to be a guide, just as it is.

201

00:27:24.240 --> 00:27:27.420

Susanna Barkataki (she/her): And so you have when you have your flower.

202

00:27:28.470 --> 00:27:29.010

Susanna Barkataki (she/her): In the middle.

203

00:27:42.120 --> 00:27:55.440

Susanna Barkataki (she/her): You can have your own words just one word like guy or respect love focus lists or you can have the Sanskrit word like yama yama.

204

00:27:57.330 --> 00:28:00.090

Susanna Barkataki (she/her): Whatever helps Qu in to.

205

00:28:01.530 --> 00:28:05.250

Susanna Barkataki (she/her): The supports, for your path here yogic deepening.

206

00:28:10.140 --> 00:28:10.890

Susanna Barkataki (she/her): Okay.

207

00:28:14.460 --> 00:28:15.510

Susanna Barkataki (she/her): Stop sharing.

208

00:28:17.400 --> 00:28:18.330

Susanna Barkataki (she/her): and

209

00:28:20.940 --> 00:28:33.780

Susanna Barkataki (she/her): I want to invite in just a moment to here in the tat and one, how is it going right, how is your experience with yoga class curator so far.

210

00:28:35.520 --> 00:28:45.030

Susanna Barkataki (she/her): i'd love to hear, and I invite you to drop your what's coming up for you and in the practice in the tat and.

211

00:28:46.500 --> 00:28:48.630

Susanna Barkataki (she/her): And anything that's coming up.

212

00:28:50.610 --> 00:28:55.500

Susanna Barkataki (she/her): In this practice, right now, if there's anything.

213

00:28:57.390 --> 00:28:59.910

Susanna Barkataki (she/her): that's arising, you can drop that in the chat.

214

00:29:04.500 --> 00:29:05.190

Susanna Barkataki (she/her): huh.

215

00:29:10.200 --> 00:29:12.150

Susanna Barkataki (she/her): Is the order for the eight limbs important.

216

00:29:13.710 --> 00:29:15.600

Susanna Barkataki (she/her): Yes, I know and.

217

00:29:16.650 --> 00:29:28.890

Susanna Barkataki (she/her): we'll go much more into this i'm going to try to stay focused, I can answer the question on the form but there's so many different schools there's so many different yoga schools so first of all.

218

00:29:29.790 --> 00:29:33.630

Susanna Barkataki (she/her): What I say you can always find an example of an opposite.

219

00:29:34.110 --> 00:29:51.540

Susanna Barkataki (she/her): So there are some schools that say you have to go through the the yama yama in that order you need to because they built or the the Amazon the Amazon the eight limbs in that order, and then there are others that say any doorway right any of these can be a doorway to the divine to yoga.

220

00:29:52.830 --> 00:30:04.770

Susanna Barkataki (she/her): And I tend to be of that school that there are many ways in and it doesn't matter which we start with However, my teacher shanker D.

221

00:30:05.700 --> 00:30:21.210

Susanna Barkataki (she/her): always said to me in the West when you're teaching yoga in the West, you need to emphasize and you need to focus on for yourself the young has any Ms because there's so much loss of ethics there's so much corruption and there's so much like ego self focus.

222

00:30:22.620 --> 00:30:35.130

Susanna Barkataki (she/her): asleep that right kind of that delusion that we, as a culture really need the mems and then also the way he taught me is the first three are kind of like.

223

00:30:35.670 --> 00:30:53.610

Susanna Barkataki (she/her): The demos, Neil has an awesome Eric kind of like the gross practice that the practice that prepares us for the more subtle planning on focusing on life force and then the last four are much more subtle much more esoteric so it will be hard for many people.

224

00:30:54.720 --> 00:31:16.560

Susanna Barkataki (she/her): to jump to the subtle without having prepared the mind the body, you know so it's not an absolute, but it is kind of a progression, something that helps But what I find personally is i'm almost always working on and practicing them his name is an asana and then the last five are.

225

00:31:18.900 --> 00:31:30.750

Susanna Barkataki (she/her): They kind of spontaneously arise from that practice and they're less about everything and more about watering the seeds and it's the first three that really helped me what what seeds so that's my experience here is maybe.

226

00:31:32.400 --> 00:31:33.120

Susanna Barkataki (she/her): and

227

00:31:34.380 --> 00:31:41.850

Susanna Barkataki (she/her): yeah okay Thank you so much, and you can keep chopping any thoughts or feedback.

228

00:31:46.170 --> 00:31:55.590

Susanna Barkataki (she/her): yeah i'm not totally familiar with the eightfold path the right, so this exercise is a little challenging and I just want to also say you know, wherever you are right beginner.

229

00:31:56.430 --> 00:32:06.690

Susanna Barkataki (she/her): not done any yoga teacher training or deeper yoga teaching it's okay i'll say it always like the beginner's mind the beginner experience.

230

00:32:07.470 --> 00:32:12.570

Susanna Barkataki (she/her): is so precious and so wherever you are you're so welcome.

231

00:32:13.050 --> 00:32:26.220

Susanna Barkataki (she/her): You don't need to have knowledge, expertise book learning training certificates none of that none of that is relevant or important or helpful to experiencing Union to that sense of like.

232

00:32:27.210 --> 00:32:42.120

Susanna Barkataki (she/her): Understand myself a little bit more have an Aha none of that matters and so you're more than welcome here, even if it's the first time and you're like this is a little confusing i'm not sure what these things are, how to like nope you know identify them.

233

00:32:45.390 --> 00:32:58.200

Susanna Barkataki (she/her): and trust the process of learning and just kind of becoming more exposed to yoga culture and you'll get ethics and you'll pick words and practices that over time they'll they'll really form support for you.

234

00:32:58.920 --> 00:33:10.560

Susanna Barkataki (she/her): yeah so you are so welcome, just as you are, you don't need anything more you're already doing enough you don't need to like be a certain thing or put on a certain like.

235

00:33:12.030 --> 00:33:15.270

Susanna Barkataki (she/her): I know, or I don't know it's okay.

236

00:33:17.040 --> 00:33:17.610

Susanna Barkataki (she/her): All right.

237

00:33:19.440 --> 00:33:20.790

Susanna Barkataki (she/her): i'm going to.

238

00:33:22.590 --> 00:33:28.110

Susanna Barkataki (she/her): start to answer some of the questions and what I realized, they need to add to our office hours Doc is a little.

239

00:33:28.500 --> 00:33:33.840

Susanna Barkataki (she/her): To the where you can submit your questions so there's a document, some of you may have seen it some of you may not.

240

00:33:34.350 --> 00:33:44.880

Susanna Barkataki (she/her): And that's Okay, but it's a forum where you can submit questions for office hours and what i'm going to add is a little thing, where you where you can say whether you'd like to speak up out loud to like.

241

00:33:45.330 --> 00:33:50.550

Susanna Barkataki (she/her): You know, be in conversation with me, because I think that's really nice, but I also don't want to put anyone on the spot.

242

00:33:51.390 --> 00:33:59.940

Susanna Barkataki (she/her): And so we got quite a few questions on cultural appropriation so i'm going to address those and I think it's so.

243

00:34:00.720 --> 00:34:12.330

Susanna Barkataki (she/her): Beautiful that these questions are arising for you so whether you ask them or you know you thought them or you haven't thought about them, but now you're getting to think about them.

244

00:34:13.020 --> 00:34:26.700

Susanna Barkataki (she/her): it's really a beautiful question because you know it is at the heart of it is Liam as mems is how do I honor this rich practice of yoga in a way that's in integrity and so that's a beautiful inquiry.

245

00:34:28.350 --> 00:34:35.820

Susanna Barkataki (she/her): And the first question is when teaching to different cultures, can you honor yoga roots without naming them.

246

00:34:36.660 --> 00:34:53.640

Susanna Barkataki (she/her): realizing that many have been watered down or even destroyed by capitalism so there's so much in this question and, like I said because I didn't yet get consent i'm not going to say people's names, this time, but I will, for the future add that so that's just something to add and.

247

00:34:56.100 --> 00:34:59.970

Susanna Barkataki (she/her): there's so much nuance here when we're teaching in a different culture.

248

00:35:01.290 --> 00:35:09.120

Susanna Barkataki (she/her): Especially if, and you know the person who asked this question was like the culture that i'm teaching in actually forbids people from.

249

00:35:10.020 --> 00:35:21.420

Susanna Barkataki (she/her): Exploring something that may belong to a different spiritual tradition, so in that case, and this again comes from my lineage from my practice my background, which is a shankar acharya lineage.

250

00:35:23.670 --> 00:35:36.060

Susanna Barkataki (she/her): The ideas you share the essence of yoga and don't hold too tightly or too fast to the dogma, or two that the names of the forums now.

251

00:35:36.990 --> 00:35:43.440

Susanna Barkataki (she/her): that's tricky and I don't say that everywhere, because that could open the door to appropriation oh i'm sharing the essence of yoga you know.

252

00:35:43.740 --> 00:35:52.410

Susanna Barkataki (she/her): it's not that it's not you get to take it and do whatever you want it's if you're in a situation where to say you know this practice of.

253

00:35:52.860 --> 00:36:03.270

Susanna Barkataki (she/her): Stress reduction or calming our minds and bodies comes from India is part of many different religions, including Hinduism Judaism Buddhism.

254

00:36:03.540 --> 00:36:10.170

Susanna Barkataki (she/her): sufism you know if that's going to disconnect that Community or teaching from even be able to access the practices.

255

00:36:10.950 --> 00:36:23.520

Susanna Barkataki (she/her): don't say it right it's not necessary, the unity is the goal, and so, if the teachings you can give them and share them and help the people that you're you're sharing with get to.

256

00:36:24.330 --> 00:36:31.740

Susanna Barkataki (she/her): A little more ease a little more peace, a little more calm liberation even then you use what in Buddhism is called skillful means.

257

00:36:32.520 --> 00:36:41.970

Susanna Barkataki (she/her): So that's not an invitation to appropriate, but it is an invitation to do two things right you're honoring the roots and you're connecting and caring for the people in front of you.

258

00:36:43.320 --> 00:36:50.580

Susanna Barkataki (she/her): So both of those can be true, and the school and practice that I come from honors both Does that mean.

259

00:36:51.000 --> 00:37:02.610

Susanna Barkataki (she/her): That its ultimate right know there are some schools out there that say you honor the tradition, above all else, and you do not care for the people in front of you what you do is you always say.

260

00:37:03.000 --> 00:37:18.270

Susanna Barkataki (she/her): yoga is this it's only this you know, and this is the only way to access it that's not the practice in the path that I come from, and so that's not the the guidance that I would give you this way seems to me to embody the heart of what yoga is right, caring for.

261

00:37:20.040 --> 00:37:30.210

Susanna Barkataki (she/her): everyone's growth and caring for the tradition and then sometimes that's a balance, sometimes it's tricky so i'll give you a specific example, when I used to teach in Florida to.

262

00:37:31.980 --> 00:37:39.330

Susanna Barkataki (she/her): To preschoolers we did this exercise, I did not use the Sanskrit names of the.

263

00:37:42.570 --> 00:37:55.710

Susanna Barkataki (she/her): The eight limbs, I said there's ethics in yoga just like you know what are the classroom ethics share, you know be kind listen right yoga as a practice, it helps us move our bodies, but it also.

264

00:37:56.190 --> 00:38:05.730

Susanna Barkataki (she/her): Has these foundations these keys eight keys that help us live a happier more joyful life within ourselves and with others, and so we made the pedals.

265

00:38:05.970 --> 00:38:12.420

Susanna Barkataki (she/her): And we only used words in English, and so they had where it's like love, or like sharing or like listening, or like respect.

266

00:38:13.020 --> 00:38:21.060

Susanna Barkataki (she/her): And as the year went on, I started to as things kind of eased a little bit in the culture of the school I started to bring in Sanskrit.

267

00:38:21.450 --> 00:38:33.330

Susanna Barkataki (she/her): and give examples and stories that were built on ethics, but connected and pointed back to where it came from so that seed is planted and later as they grow, they want to go further, they know where to learn more.

268

00:38:34.440 --> 00:38:35.100

Susanna Barkataki (she/her): and

269

00:38:36.570 --> 00:38:38.010

Susanna Barkataki (she/her): Yes, okay.

270

00:38:39.480 --> 00:38:46.710

Susanna Barkataki (she/her): next question when teachers have abused power do we still promote their teachings do we separate them from it.

271

00:38:48.630 --> 00:38:53.190

Susanna Barkataki (she/her): I just i'm so glad you asked this again, this is my.

272

00:38:54.690 --> 00:39:03.360

Susanna Barkataki (she/her): My take so remembering always that i'm the guide you come to your own critical thinking you know conclusions for me.

273

00:39:03.870 --> 00:39:18.990

Susanna Barkataki (she/her): I always encourage spiritual lineage acknowledgement, which means acknowledging where the practices that you're teaching or you know sharing have come from, so I always say, these are practices that come from India, you know, an honor my teachers.

274

00:39:20.700 --> 00:39:24.810

Susanna Barkataki (she/her): And I do also believe, if someone has behaved in a harmful.

275

00:39:25.980 --> 00:39:35.400

Susanna Barkataki (she/her): or a way that has caused immense harm to themselves to their community to their students it disqualifies them from being.

276

00:39:35.880 --> 00:39:47.970

Susanna Barkataki (she/her): named as a teacher, and so I go above them or back further so even to the point where like if you come from a lineage where there's been abuse that's known.

277

00:39:48.510 --> 00:39:57.630

Susanna Barkataki (she/her): I don't name those teachers or even the teachers around who may not have been the abusers, but who enabled it or have not called it out for me that's important as well, is that.

278

00:39:58.050 --> 00:40:01.920

Susanna Barkataki (she/her): Like there's certain lineages and I can be specific here like the shriven on the lineage.

279

00:40:02.580 --> 00:40:08.610

Susanna Barkataki (she/her): Or that none of my lineage where there has been abuse historically it's documented it's you know and.

280

00:40:09.210 --> 00:40:28.350

Susanna Barkataki (she/her): And the current leaders of those lineages are not speaking up in supportive survivors to me, I would go back and just acknowledge the good news before them or generally the teachers of yoga that come from the from South Asian South East or the Indian subcontinent.

281

00:40:31.410 --> 00:40:37.620

Susanna Barkataki (she/her): Because if you're not practicing the foundational ethics right, yes, and the emma's.

282

00:40:39.000 --> 00:40:46.200

Susanna Barkataki (she/her): Then, how can you support yourself or others to do any of this now, we all make mistakes i'm certainly not perfect, with.

283

00:40:46.560 --> 00:41:00.990

Susanna Barkataki (she/her): live out my yoga ethics, no one is but there's a really big difference between continuing to create vicious cycles or trying to learn and disrupt and and heal them in ourselves and others.

284

00:41:04.470 --> 00:41:14.640

Susanna Barkataki (she/her): I love how people are talking in the chat so i'm going to jump to on Community i'll come back to on appropriation, this is something that we're figuring out.

285

00:41:15.240 --> 00:41:24.630

Susanna Barkataki (she/her): In terms of of what makes the most sense for continued Community support within why CC so and i'll just be really.

286

00:41:25.200 --> 00:41:31.500

Susanna Barkataki (she/her): Transparent with you all, and so that way when we continue to ask you for free pack, you can give us really honest and great feedback.

287

00:41:32.070 --> 00:41:38.550

Susanna Barkataki (she/her): So we weren't sure where the best place was to do a Community or.

288

00:41:39.360 --> 00:41:51.960

Susanna Barkataki (she/her): If we had the resources to support that, because what can happen in a community, especially if it's program initiated is I or someone else would need to be monitoring and responding dealing with harm if it happens.

289

00:41:52.830 --> 00:42:09.990

Susanna Barkataki (she/her): All the time and that that's a huge amount of resources, intellectually emotionally and then like staffing wise right I don't have the resources to do that i'm writing a book another book ends and and all sorts of things, so I want it, but I also don't.

290

00:42:11.520 --> 00:42:31.110

Susanna Barkataki (she/her): I also want to kind of move the leadership to off of me or the program and into us the participants to self create that to move into your communities to co create it like you're doing an attack, and so one of the things, maybe we could do is create a spreadsheet.

291

00:42:32.430 --> 00:42:40.350

Susanna Barkataki (she/her): So that way we can kind of help organize it, but then you self organizing and on that spreadsheet we've done this in our yoga teacher trainings.

292

00:42:40.740 --> 00:42:55.530

Susanna Barkataki (she/her): You can put where you are, you know what you're looking for and then, if you know it would be optional, so no one has to put their contact information and then you can self organize your groups I think that's a really good idea.

293

00:42:57.300 --> 00:43:01.530

Susanna Barkataki (she/her): Okay cool I knew you're all co creating this is wonderful.

294

00:43:06.390 --> 00:43:08.430

Susanna Barkataki (she/her): Okay, so.

295

00:43:10.290 --> 00:43:25.140

Susanna Barkataki (she/her): pretty quickly we can probably pull up that Doc for why CC for based on our whitey T ones Andre you know the whitey one used to do see that didn't you didn't copy it and, just like.

296

00:43:26.310 --> 00:43:33.210

Susanna Barkataki (she/her): make a copy make it editable by anyone, the one that Linda shared and then yeah awesome.

297

00:43:34.650 --> 00:43:40.110

Susanna Barkataki (she/her): Someone else will offer to moderate this cocktail amazing I love this so.

298

00:43:41.580 --> 00:43:51.750

Susanna Barkataki (she/her): This is exactly what it should be, I think it needs to be student curated so there's there's that leadership and then iterative learning okay we're figuring it out.

299

00:43:55.380 --> 00:44:04.110

Susanna Barkataki (she/her): Next to that question on Community, how can we create authentic spaces that build up our community within a capitalistic society whoo yeah.

300

00:44:07.110 --> 00:44:09.000

Susanna Barkataki (she/her): That is such a big question.

301

00:44:15.210 --> 00:44:24.210

Susanna Barkataki (she/her): there's so many ways and there's also so many weeds right so many blocks to it, for me, the biggest one is like.

302

00:44:25.470 --> 00:44:35.610

Susanna Barkataki (she/her): Connected connecting around to shared values, creating circles i'm really passionate about the idea of like sharing circles around yoga and we'll go more into this, as we go through yc.

303

00:44:35.880 --> 00:44:53.340

Susanna Barkataki (she/her): And i'll try to give you supports for how to create this, many of you already doing this, but for years i've met with folks weekly to think about ethics like yoga ethics, how to live, how to

apply them it's a free group some groups that i've been part of they take Donna, or they take.

304

00:44:54.390 --> 00:44:57.120

Susanna Barkataki (she/her): They take, like you, you put in.

305

00:45:00.390 --> 00:45:03.690

Susanna Barkataki (she/her): A financial offering some groups don't and then.

306

00:45:08.940 --> 00:45:14.190

Susanna Barkataki (she/her): That cultivation of relationship over time can be really impactful.

307

00:45:15.270 --> 00:45:24.420

Susanna Barkataki (she/her): And then we also live in a capitalist society we're not in India, like my teacher shanker G when I met him he had just done 10 years of silent retreat.

308

00:45:24.840 --> 00:45:37.560

Susanna Barkataki (she/her): In his local village on the outskirts of board guy have a big town or really it's kind of like between a town in a city, but he wasn't on the outskirts, and for that entire 10 years.

309

00:45:38.280 --> 00:45:45.120

Susanna Barkataki (she/her): People in the Community brought him breakfast and lunch he doesn't eat dinner when he's doing sad and I like that every day.

310

00:45:46.560 --> 00:45:53.670

Susanna Barkataki (she/her): If any of you are I tried to do this, you know Maybe someone started a meal train, for us it probably last you know most a month.

311

00:45:54.480 --> 00:46:02.670

Susanna Barkataki (she/her): People would lose interest is we don't live in the same kind, at least for me in the West, I don't feel we live in the same kind of culture that supports.

312

00:46:03.090 --> 00:46:15.030

Susanna Barkataki (she/her): spiritual knowledge and wisdom and growth in that way, so to some extent, and again, you may have a different answer to this, but I see it like kind of like on a spectrum.

313

00:46:16.170 --> 00:46:32.700

Susanna Barkataki (she/her): And sometimes i'm i'm working out here, trying to change capitalism, sometimes i'm here, trying to like like touch a leverage point to tip the system in a certain direction so that's why it's hard right I charge for.

314

00:46:34.650 --> 00:46:37.140

Susanna Barkataki (she/her): My programs because.

315

00:46:38.580 --> 00:46:42.630

Susanna Barkataki (she/her): Honestly, when I found because i've offered free stuff for years for decades.

316

00:46:43.830 --> 00:46:54.270

Susanna Barkataki (she/her): three, four or five people come to the free things that I offer when I put a number or dollar amount in capitalism, where somehow people seem to be more invested and more people come.

317

00:46:54.810 --> 00:47:06.810

Susanna Barkataki (she/her): So, and using it capitalism as a lever to tilt to tell and create more awareness more change and try to also have and we'll get more into this.

318

00:47:07.200 --> 00:47:11.400

Susanna Barkataki (she/her): You didn't specifically asked so I won't talk in depth data because there's many other questions.

319

00:47:11.790 --> 00:47:25.200

Susanna Barkataki (she/her): But there's ways to work within capitalism to try to create more equity scholarship programs, you know centering of folks from the global majority all those types of things that we can set into place.

320

00:47:26.370 --> 00:47:32.310

Susanna Barkataki (she/her): i'm going to pause for a second love that you set up discord and it's in there.

321

00:47:33.540 --> 00:47:45.720

Susanna Barkataki (she/her): And undress drop the spreadsheet spreadsheet so just a note for and let's grab that spreadsheet and the disco channel and put it in a note to add it to the portal so in in the.

322

00:47:46.290 --> 00:48:02.280

Susanna Barkataki (she/her): Where the recording of this will be so that way people can access it multiple ways and then gail I see your hand i'm

going to try to answer all the questions that came in had and i'll come to you, if I have time so.

323

00:48:04.560 --> 00:48:04.980

Susanna Barkataki (she/her): Okay.

324

00:48:07.020 --> 00:48:11.910

Susanna Barkataki (she/her): Take a little drink of water if you've got water feel free to take a drink.

325

00:48:17.880 --> 00:48:38.130

Susanna Barkataki (she/her): duties and gurus duties in studios and go to some studios should they be taken down if you're not connected to them, or like if you don't have a practice with them if they're just there as a signifier again my view on this, ideally, an A guru are only.

326

00:48:39.180 --> 00:48:48.930

Susanna Barkataki (she/her): There only significant if you're building a relationship with them, if you have a relationship with them, otherwise it's actually can be really disrespectful because.

327

00:48:49.680 --> 00:49:04.080

Susanna Barkataki (she/her): Traditionally, when you have an altar you have a deity or you have a you know picture of a guru you keep it clean, maybe, if you know you're in a practice of offering water flowers you keep those fresh you don't let it get dusty those kinds of things and so.

328

00:49:06.060 --> 00:49:14.250

Susanna Barkataki (she/her): Culturally that's something to consider and then also if it's just there as a signpost right like I have.

329

00:49:14.790 --> 00:49:29.910

Susanna Barkataki (she/her): Saraswati in my studio or in my room, because it makes me look more profound or look like I know or look like i'm part of the culture that you'll get comes from, then it is you know virtue signaling and is leading into that cultural appropriation zone.

330

00:49:31.050 --> 00:49:43.590

Susanna Barkataki (she/her): The person who asked this question said, you know I don't have a deep breath or I don't have a daily practice, maybe weekly well I think weekly is great that's a practice that's a relationship it doesn't have to be.

331

00:49:45.090 --> 00:49:55.650

Susanna Barkataki (she/her): It doesn't have to look any certain way other than is your relationship with that symbol that's there on the altar on your wall or wherever, is it helping you deep in.

332

00:49:56.310 --> 00:50:04.890

Susanna Barkataki (she/her): Because again there's many ways to look at this and I want to be really clear for some Saraswati is an actual divine being.

333

00:50:05.430 --> 00:50:13.860

Susanna Barkataki (she/her): And they relate to society as a being in the world as a goddess for others, including my tradition and that many in the shankar acharya tradition.

334

00:50:14.700 --> 00:50:24.840

Susanna Barkataki (she/her): So it's what is an energy that's a potential and all of us and energy of creation creativity and energy of learning and so in relating and I keep looking because.

335

00:50:25.260 --> 00:50:43.950

Susanna Barkataki (she/her): I can show you a week later, I have a Saraswati on my wall and I relate to her every day I relate to her before I write can't see this, but I have a little prayer that I do, that I have written and I read it out loud and then I light a candle before I write.

336

00:50:48.360 --> 00:50:50.940

Susanna Barkataki (she/her): Any kind of writing that i'm doing is connected to yoga.

337

00:50:52.350 --> 00:51:01.470

Susanna Barkataki (she/her): So when you have a practice that's helping you deepen and get closer to this right to unity to yoga to yourself.

338

00:51:02.460 --> 00:51:13.920

Susanna Barkataki (she/her): that's enough it doesn't have to there's no like wool book about how your ritual has to be or how your connection has to be it doesn't have to be spiritual even there's folks in this program who are atheists that's wonderful.

339

00:51:15.180 --> 00:51:25.260

Susanna Barkataki (she/her): they're yogi's who are atheists yoga such an inclusive path it's so profoundly inclusive in the yoga sutras there you know potentially gives us like.

340

00:51:26.220 --> 00:51:34.500

Susanna Barkataki (she/her): 12 notes more than that it's like 20 I haven't actually counted, but a substantial number of ways to connect with the divine and then he says.

341

00:51:35.790 --> 00:51:41.430

Susanna Barkataki (she/her): And if none of that works do what works for you, that is literally in the yoga sutras.

342

00:51:42.360 --> 00:51:54.420

Susanna Barkataki (she/her): Really specific practices, including focusing on on on you know the emma's indiana's and then, if none of that works do what brings her mind to more clarity do what brings you to more unity.

343

00:51:55.020 --> 00:52:02.280

Susanna Barkataki (she/her): that's a very inclusive That said, we can be inclusive and be respectful, so I think that to be clear.

344

00:52:03.720 --> 00:52:04.530

Susanna Barkataki (she/her): Answer there.

345

00:52:07.950 --> 00:52:14.880

Susanna Barkataki (she/her): How do we have compassion towards white people within yoga after experiencing hurt.

346

00:52:16.320 --> 00:52:23.190

Susanna Barkataki (she/her): So this came from a person of color and for folks who are South Asian for other folks of color in the space.

347

00:52:24.990 --> 00:52:30.510

Susanna Barkataki (she/her): This is a really real question and for white folks it's important to think about.

348

00:52:34.800 --> 00:52:36.120

Susanna Barkataki (she/her): For many of us like.

349

00:52:37.410 --> 00:52:52.110

Susanna Barkataki (she/her): We walk into the space or move in yoga space without a sense of safety or with a sense of like all the harms that have already happened that could happen again, and so centering.

350

00:52:53.190 --> 00:52:56.400

Susanna Barkataki (she/her): You, the person who asked this the first one to say.

351

00:52:57.570 --> 00:53:07.080

Susanna Barkataki (she/her): Take care of you right take care of you, and I understand that, for some, this might be like Oh, but i'm supposed to move to forgiveness i'm supposed to stay in relationship.

352

00:53:07.650 --> 00:53:17.010

Susanna Barkataki (she/her): I don't think you do and again, this is my perspective, I think you can initially or always prioritize your self care and your well being.

353

00:53:17.640 --> 00:53:31.860

Susanna Barkataki (she/her): Because it doesn't help that Community it doesn't help them if you keep putting your integrity your self sovereignty below there's for the sake of like harmony, or you know unity it's.

354

00:53:32.400 --> 00:53:43.740

Susanna Barkataki (she/her): I was really just working on this, so I want us to like say it's not I don't find this easy I had some notes for myself earlier today around for me right, not for you.

355

00:53:45.000 --> 00:53:54.930

Susanna Barkataki (she/her): That but i'm, of course, sharing them with you, because this is the truth of this is like I don't try to please you I get to please myself.

356

00:53:55.950 --> 00:54:10.290

Susanna Barkataki (she/her): That as a team saw that it doesn't mean i'm disrespecting you it just means i'm centering my own experience, and when we're in a situation of so much colonial oppression and so much imbalance of power.

357

00:54:10.800 --> 00:54:20.610

Susanna Barkataki (she/her): it's asking so matt sure yeah maybe one day you'll come to a place where you can feel love and compassion and forgiveness and you're full of.

358

00:54:20.940 --> 00:54:31.260

Susanna Barkataki (she/her): You know so full that it doesn't even matter what anyone else does or says that might happen, but it also might not and it doesn't make you less of a yogi less of a practitioner in any way wrong.

359

00:54:31.740 --> 00:54:38.580

Susanna Barkataki (she/her): If you never get there, so please Center yourself send to your needs you don't need to move to.

360

00:54:40.890 --> 00:54:56.880

Susanna Barkataki (she/her): To that experience of compassion now your direct question, there was how do we have compassion, so I will also answer that but I want you to hear i'm not telling you, you have to you don't you can send to your own self care and.

361

00:55:00.060 --> 00:55:01.650

Susanna Barkataki (she/her): For me it is.

362

00:55:03.060 --> 00:55:05.970

Susanna Barkataki (she/her): yoga sutra 1.33 it's.

363

00:55:07.080 --> 00:55:12.780

Susanna Barkataki (she/her): The locks and the keys which i'll talk a lot more about in our next office hours.

364

00:55:13.860 --> 00:55:29.550

Susanna Barkataki (she/her): But it's really like cultivating an attitude of friendliness, to those who are who are virtuous cultivate an attitude or a kind of a way of being that's like joyful when other people are better you know, like succeeding.

365

00:55:30.570 --> 00:55:38.490

Susanna Barkataki (she/her): Space when folks are unkind and then, when they're actually like harmful or mean.

366

00:55:39.660 --> 00:55:48.090

Susanna Barkataki (she/her): Sharing the teachings with them right, I can only do that, though, that compassion, if I already feel love and centered in myself.

367

00:55:50.130 --> 00:55:55.290

Susanna Barkataki (she/her): Because what I found is It often takes me sharing from my pain or my like.

368

00:55:55.920 --> 00:56:11.790

Susanna Barkataki (she/her): Challenges authentically like really opening up for someone a white person in my life mind to open up and be like oh and i'll ask the question like What would it mean for you, if this were true, like What would it mean for you says when i'm talking to white folks like.

369

00:56:13.110 --> 00:56:19.350

Susanna Barkataki (she/her): If, for you, it was so easy to go to a yoga studio and you felt like you could fit in but yoga comes from my people.

370

00:56:20.400 --> 00:56:31.710

Susanna Barkataki (she/her): And me and my family have never felt welcome or mostly feel unwelcome what does that mean you know for our relationship, what and that kind of increased that's curious and it's vulnerable.

371

00:56:32.460 --> 00:56:45.960

Susanna Barkataki (she/her): Does I found help bring more understanding, but I have to really be in the space of like they didn't mean to cause harm like data start living in a system of white supremacy that that they're not even seeing.

372

00:56:47.040 --> 00:56:54.600

Susanna Barkataki (she/her): Often, though, I will say I don't stay in relationships or put myself in positions, especially more and more.

373

00:56:55.080 --> 00:57:01.470

Susanna Barkataki (she/her): Where where i'm alone right like if i'm going to go and teach in a yoga space that's all white or mostly white.

374

00:57:02.010 --> 00:57:12.090

Susanna Barkataki (she/her): I say, well, you need to hire me and like two colleagues right, this has to be a group effort, because I can't be the only one it's too much pressure it's so much emotional Labor and so that way.

375

00:57:12.930 --> 00:57:21.540

Susanna Barkataki (she/her): And then I really check in to see if I have the capacity or if it's the right moment so hope that's helpful for folks of color and then for white folks like.

376

00:57:22.050 --> 00:57:29.970

Susanna Barkataki (she/her): To open until like if someone brings something up to you, like wow it's a probably a big leap of faith and a big leap of trust.

377

00:57:30.420 --> 00:57:45.030

Susanna Barkataki (she/her): And so to take that moment of pause of like curiosity like, especially if defensiveness does arise, or like you know, because this happens to me, as someone with SIS privilege, for example,

or light skin privilege right sometimes people bring some of and i'm like
ah, but.

378

00:57:46.110 --> 00:57:50.880

Susanna Barkataki (she/her): And I just sit and I listen and I think
about you know the power dynamics at play.

379

00:57:51.960 --> 00:58:03.330

Susanna Barkataki (she/her): and try to make space to hear their
experience in here till the end and then leader consider what I might do,
but often not with that person, but with other folks so I don't know if
it put the impact on that.

380

00:58:04.860 --> 00:58:06.480

Susanna Barkataki (she/her): Okay, and.

381

00:58:09.300 --> 00:58:18.720

Susanna Barkataki (she/her): Is practicing without tempting appropriation
absolutely not you can practice without chanting remember there's so many
ways in right like and actually.

382

00:58:19.050 --> 00:58:28.800

Susanna Barkataki (she/her): Some lunch, for example, tempting as it can
be applied to our practice and practice, it can be a body based practice,
you know not technically necessarily asana but.

383

00:58:30.030 --> 00:58:32.040

Susanna Barkataki (she/her): But it kind of is right, like Madrid.

384

00:58:33.570 --> 00:58:35.940

Susanna Barkataki (she/her): Madrid, like the ones that are like.

385

00:58:38.790 --> 00:58:42.780

Susanna Barkataki (she/her): like the one that we've padma Madrid that
we're exploring this month.

386

00:58:44.160 --> 00:58:57.240

Susanna Barkataki (she/her): it's it's a body based asana and chanting to
can be a tool, but it doesn't have to be so you do not need to chant as
part of your practice if you don't if it doesn't align.

387

00:58:58.710 --> 00:59:05.880

Susanna Barkataki (she/her): Then someone else i've learned the mantra that we explored with a different intonation how much does this matter is it wrong is one way right or wrong.

388

00:59:07.980 --> 00:59:17.940

Susanna Barkataki (she/her): there's so there's like 260 different languages in India, currently, to this day, and when we count all of the languages that were around you know, there was mcgee that was poly that was Sanskrit.

389

00:59:18.840 --> 00:59:24.120

Susanna Barkataki (she/her): there's going to be variation and there's many different schools and different kind of sex so.

390

00:59:26.340 --> 00:59:34.560

Susanna Barkataki (she/her): The one thing I will say is when the Sanskrit chance get anglicised or turned into a kind of intonation that.

391

00:59:35.250 --> 00:59:48.270

Susanna Barkataki (she/her): is more pleasing to the English speaking year that's when it kind of veers into a concerning place and, and the reason why concretely is so many colleagues of mine.

392

00:59:48.840 --> 01:00:00.120

Susanna Barkataki (she/her): Who are South Asian have tried to go and perform like bucky fest or shakti fest and they get told her sound is to authentic right, and how does that happen, why does that happen well that happens when.

393

01:00:00.750 --> 01:00:09.030

Susanna Barkataki (she/her): The mantra because it's white folks chanting the same mantras who are performing at these festivals, the mantra has been made palatable.

394

01:00:09.750 --> 01:00:19.980

Susanna Barkataki (she/her): So different intonations are absolutely welcome and the one that pooja shared with you is one from their traditional school, which has a lineage.

395

01:00:20.340 --> 01:00:31.890

Susanna Barkataki (she/her): When I chant it's slightly different and it comes from my school, which has eliminated, and so the main thing I would say there is do your best to learn from either a South Asian teacher if you can, if you're going deeper into.

396

01:00:32.280 --> 01:00:47.460

Susanna Barkataki (she/her): All of the chance that you're learning and in our program are from South Asian teacher or if you're learning from a white teacher that they have a background right they're connected to a tradition, perhaps to a lineage where you know that the intonation is.

397

01:00:48.720 --> 01:00:52.650

Susanna Barkataki (she/her): is coming from within, rather than something that's been kind of.

398

01:00:54.060 --> 01:00:55.620

Susanna Barkataki (she/her): americanized anglicised.

399

01:00:57.000 --> 01:01:06.990

Susanna Barkataki (she/her): i'm scared my clients will understand accent yeah it's Okay, I mean the other thing to remember is Sanskrit is a vibrational language so there's energy in the chat so you're being.

400

01:01:07.530 --> 01:01:19.620

Susanna Barkataki (she/her): As you tap for yourself you're being impacted you're being supported really and again my teacher, so you know try somebody that spirit of like you do the best you can.

401

01:01:20.010 --> 01:01:37.590

Susanna Barkataki (she/her): it's Okay, if you have an accent my sounds good, is far from perfect it's really, really i'm a student of Sanskrit not a teacher and he would always say it's the intention that matters, if your intention for reverence for respect is there that's what matters.

402

01:01:38.610 --> 01:01:42.300

Susanna Barkataki (she/her): And we are at time wow.

403

01:01:43.800 --> 01:01:52.830

Susanna Barkataki (she/her): That was fast so there's just a few more I want to drop in because they're quick, there was a question about resources on evidence based yoga.

404

01:01:53.250 --> 01:01:58.050

Susanna Barkataki (she/her): I would refer you to speak Hausa there are institutions.

405

01:01:58.410 --> 01:02:08.190

Susanna Barkataki (she/her): someone wanted to know like what is the proof right like you say yoga is evidence based whereas before, yes, we

have thousands of years of practice and benefit, but also there's institutions within.

406

01:02:08.760 --> 01:02:16.470

Susanna Barkataki (she/her): India that have been researching and publishing White Papers and things for years, and so as piazza is one of those institutions.

407

01:02:17.790 --> 01:02:36.330

Susanna Barkataki (she/her): really helpful resources to learn about hanuman I would recommend two things, and they wanted us to learn one friend of mine, a new friend Dr roz Barker and just read this book The stories behind the poses.

408

01:02:38.700 --> 01:02:42.840

Susanna Barkataki (she/her): drop it on the chat threads behind the poses and.

409

01:02:45.030 --> 01:02:52.740

Susanna Barkataki (she/her): Also acharya shinya has a new book called war, like a goddess that won't go so into.

410

01:02:54.450 --> 01:03:14.640

Susanna Barkataki (she/her): How to mind, but but is really good for learning more about the deities and then I find honestly the kids books are really great the i'ma tell me series so good for learning about the stories of the deities and i'ma tell me series has a whole section a whole book on hanawon.

411

01:03:15.720 --> 01:03:17.070

Susanna Barkataki (she/her): So I really like this.

412

01:03:18.510 --> 01:03:19.650

Susanna Barkataki (she/her): I think i've.

413

01:03:21.360 --> 01:03:24.210

Susanna Barkataki (she/her): I covered all the questions oh wow.

414

01:03:28.350 --> 01:03:35.880

Susanna Barkataki (she/her): As we close, so I know we're going slightly over if you can stay with me please do if you need to go, I understand you can always watch the replay.

415

01:03:38.010 --> 01:03:59.160

Susanna Barkataki (she/her): I would love, if you could drop in the chat any a hoss or any takeaways from today's session that we've explored and then, if you would like to you know I feel like i'm taking away from going to do this and then put it on my in my bathroom so I see it every morning and.

416

01:04:00.690 --> 01:04:06.660

Susanna Barkataki (she/her): If you would like to share any of these a hazard takeaways on social media, you can tag me.

417

01:04:07.680 --> 01:04:23.400

Susanna Barkataki (she/her): In yoga class curator hashtag you in class curator if you would like, and then i'll share it also gives us a fun way to like search each other stuff and upload and comment and support and then it looks like we have ways to connect now.

418

01:04:24.570 --> 01:04:38.490

Susanna Barkataki (she/her): Self created unity is the goal if all that doesn't work to what works for you, yes excited to explore more fully the origins of the chance that I have yes and.

419

01:04:41.460 --> 01:04:46.050

Susanna Barkataki (she/her): You can drop any other insights or has and we will close.

420

01:04:48.660 --> 01:04:54.510

Susanna Barkataki (she/her): With just a brief moment, so you can stretch your arms out if you're not typing.

421

01:04:56.250 --> 01:05:02.430

Susanna Barkataki (she/her): And lift them up towards the sky exhale your hands together and down towards your heart.

422

01:05:03.780 --> 01:05:06.840

Susanna Barkataki (she/her): Man, if you would like open your hands to padma Madrid.

423

01:05:08.790 --> 01:05:11.520

Susanna Barkataki (she/her): gazing into that Lotus.

424

01:05:13.290 --> 01:05:14.190

Susanna Barkataki (she/her): At your heart.

425

01:05:19.590 --> 01:05:24.420

Susanna Barkataki (she/her): And centering in a himself in care personal care collective care.

426

01:05:25.980 --> 01:05:28.050

Susanna Barkataki (she/her): Will tap three times.

427

01:05:29.220 --> 01:05:31.980

Susanna Barkataki (she/her): deep breath in and out.

428

01:05:34.230 --> 01:05:35.220

Susanna Barkataki (she/her): inhale.

429

01:05:37.290 --> 01:05:39.060

Susanna Barkataki (she/her): Hello.

430

01:05:43.680 --> 01:05:47.880

Susanna Barkataki (she/her): Hello.

431

01:05:57.480 --> 01:06:03.750

Susanna Barkataki (she/her): shine the shine the show.

432

01:06:04.830 --> 01:06:06.840

Susanna Barkataki (she/her): The.

433

01:06:08.010 --> 01:06:09.390

Susanna Barkataki (she/her): Oh.

434

01:06:12.750 --> 01:06:18.810

Susanna Barkataki (she/her): Thank you so much for your presence Thank you so much for your practice thanks all.

435

01:06:20.250 --> 01:06:32.280

Susanna Barkataki (she/her): i'll see you very soon, we have our celebration on the fourth Wednesday look forward to a practice and see you soon, thank you.

436

01:06:33.600 --> 01:06:42.390

Susanna Barkataki (she/her): Can me if you want, and say oops you can unmute if you want, and say goodbye and we'll see you.

437

01:06:43.260 --> 01:06:43.530

Thank.

438

01:06:45.810 --> 01:06:46.200

Marina Patrice Vare: You.