



## Yoga Class Curator Office Hours Chat Log August 10 2022

00:12:47 Susanna Barkataki (she/her): Welcome! For the pratyahara (focus) practice you might want to grab a journal and a pen or colored pencils!

00:15:31 Andrea Ramos: support@ignitebewell.com - for tech questions

00:16:13 Andrea Ramos: Welcome! For the pratyahara (focus) practice you might want to grab a journal and a pen or colored pencils!

00:17:36 Brigitte: Thank you Andrea 🙏

00:17:53 Andrea Ramos: You're welcome Brigitte 😊

00:24:10 Andrea Ramos: Welcome! We are doing a visualization practice with Susanna. For the pratyahara (focus) practice you might want to grab a journal and a pen or colored pencils!

00:32:57 Justine (she/her): Hi Andrea, Thanks for all that you do!

00:33:35 Andrea Ramos: Thanks so much Justine, nice to see you! 🥰

00:35:22 Justine (she/her): Can you list the categories for each petal in the chat? 😊

00:35:40 Justine (she/her): Thank you! 😊

00:36:49 Susanna Barkataki (she/her): Yamas

00:36:55 Susanna Barkataki (she/her): Niyamas

00:36:57 Susanna Barkataki (she/her): Asana

00:37:01 Susanna Barkataki (she/her): Pranayama

00:37:05 Susanna Barkataki (she/her): Pratyahara

00:37:07 Susanna Barkataki (she/her): dharana

00:37:10 Susanna Barkataki (she/her): Dhyana

00:37:12 Susanna Barkataki (she/her): Samadhi

00:37:19 Susanna Barkataki (she/her): 8 limbs

00:37:32 Andrea Ramos: Welcome! For the pratyahara (focus) practice you might want to grab a journal and a pen or colored pencils! We are drawing the flower on the screen and relating each category to our lives. In the middle goes your name 😊

00:40:23 Brigitte: Is the order for the 8 limb important ?

00:40:28 Robin (she/her): I'm loving it so far - the practice is so lovely! 😊

00:41:07 Allison Jordan | she/her: I am really feeling held in the YCC. I have already taken what I'm learning into my classes.

00:41:11 Glenda Mackie (she, her, hers): Very much connecting with the chanting and mudras <3 Thank you

00:41:43 Estela Domingo Torres: I love it so far, it would be teh cherry on the top to hear your book, podcasts or other suggestions to further the topic. Love!

00:41:55 Sarah Groves: Loving the practice, chanting and meditation it is really putting me in a good space for the day. Thank you

00:42:00 Megan Williams (she/her): loving being a part of a new and intentional community, knowing you are all there, even when I'm alone..

00:42:21 Justine E | she/her/hers: I love that we started with Ahimsa, it led me to share something with my meditation group centered around love towards the self and how it we show up for others. The Kosha Care meditation was SO supportive!

00:42:24 Leaf Silver (they/them): I joined Yoga class curator to deepen my own practice of yoga and also to cultivate more consistency in my daily practices. I like the spaciousness of the program and I'm finding the monthly unit format really supportive.

00:42:48 Ellen (she/her): Incorporating each aspect of the monthly issues into my life has brought structure. At first, I didn't think it would mean much, but making my pilgrimage to my chosen spot, finding time to participate in my practice, practicing my meditation...they are more than enough. I think hmmm...today what do I need? A practice? A pilgrimage? A meditation? Each time I do the practice I get more out of it. I find myself rewinding and listening to certain parts over. I listen as a student and as a learning teaching....

00:42:55 Ellen (she/her): \*teacher

00:43:03 Moon: Aloha everyone! I love the structure of the class—drawings and design. However, asana was a bit hard for me due to my injury. So I try to be gentle. Your practice reminds me there is no need for perfection to practice connection to self through the divine. As a person from the middle east, I also appreciate you and feel comfortable with your presence. Mahalo! Thank you!

00:43:05 Ana Alicia: Safe, welcoming, and authentic.

00:43:06 Marina Patrice Vare: Getting a really slow start with YCC, only 15 minutes into the intro video. The perfectionist in me was trying to convince me to skip today, and I knew you'd make this accessible regardless of where we are in the content.

00:43:07 Brigitte: Thanks for your reply 😊  
I am so happy with this new journey I am embarking on with you all, I listen to your dharma talk everyday and I still laugh with you about the monkey and ice cream story. I am grateful for you and your team to put a great user experience online.

00:43:08 Justine (she/her): Appreciating a lot! Just a technical glitch in one area.

00:43:13 Susan Shloss (she/her): This is a high frequency space that is very nourishing. I am not totally familiar with the 8 fold path so this exercise is a little challenging.

00:43:18 Ellen (she/her): I would like more guidance on the pilgrimage, it's my first time doing anything like this.

00:43:49 Ada Otter (she/her): Agree with Leaf; the monthly community structure is so helpful.

00:44:22 Emily Dorey (she/her): For me personally, I was away from home all of last week so I am just diving into this journey today! I'm so excited to ground myself through these practices and to be able to bring them into how I share yoga with others. I'm really grateful to be a part of this learning!

00:44:27 Sofie: Me too ,I'm also on a slow start and was nervous to come today haha

00:44:33 Andrea Ramos: docs

00:44:40 Sofie: Thank you for creating such a welcome space  
00:44:40 Autumn: I really like it so far. I like how free form it is in terms of time and how we can approach everything. Also it's very user friendly and set up so beautifully.  
00:45:06 Jessie Ballard: Love the format of everything. Needing to give myself more structure on how and when to get through the material. Self-study is always a challenge for me  
00:45:48 Casey Higgins-Johnson: I agree with the user-friendly formatting and love how organized everything is. Makes it easy to roll out my mat and practice :)  
00:45:54 Angie Shere--(she/they): I'd like to see a few examples of others flowers. Not because I want to copy, but because it might help to bring up my own ideas.  
00:46:57 Lauren Bernazza (she/her): Self study is tough for me to @jessica. I added all the live meetings to my calendar and set reminders and that felt really supportive.  
00:47:05 Sofie: I think Im going to go back and draw a different flower  
00:47:09 Sofie: spend some more time on it  
00:48:16 Marina Patrice Vare: I relate to that Jessie. Friends, I'd love to connect with an accountability buddy (preferably another trans person or someone queer). Message me if this resonates.  
00:49:17 Jessie Ballard: Yesss! I need a buddy too!  
00:49:18 Justine E | she/her/hers: I also feel similarly around having an accountability buddy/self-study buddy if folks are interested in connecting.  
00:49:24 Mariana Schmalstig Diaz: this is so useful for me and a current situation I'm in... and I didn't ask the question. thank you, to whoever asked and for responding, Susanna!  
00:49:58 Justine (she/her): I'm interested in buddies too.  
00:50:08 Char: I would love to join in on an accountability group as well :) xx  
00:50:15 Mariana Schmalstig Diaz: i would also love accountability buddies!  
00:50:18 Lisa Melendy: Count me in for accountability, also!  
00:50:24 Kendra Brody: and me!  
00:50:26 Heather: Same here!  
00:50:31 Ada Otter (she/her): Likewise 😊  
00:50:47 Dana Pellegrino: Samesies! ;)  
00:50:49 Glenda Mackie (she, her, hers): yes to buddies <3  
00:50:50 AINA PRATS: I'm also interested in buddies!  
00:51:04 Estela Domingo Torres: Same here, preferably someone with an GTM+1 time zone  
00:51:55 June Lucarotti (she/her): Wondering if there is already forum where we can all connect and form buddies? Or shall I/someone create a WhatsApp/Signal, etc.?  
00:52:23 Sofie: aww would love that  
00:52:24 Laurel (she/they): A WhatsApp/something for ongoing closer community would be great  
00:52:28 Lisa Melendy: Was wondering the same @June. I think a WhatsApp group to start would be great.  
00:52:31 Justine (she/her): East coast accountability buddies? Telegram? Anyone interested?  
00:52:39 Justine E | she/her/hers: I'm also on the east coast!

00:52:43 Sofie: i'm in EST!  
00:52:47 Lisa Melendy: I'm on the West Coast  
00:52:50 Andrea Ramos: We will talk about that shortly! It came up  
in the questions 😊  
00:52:59 Sara A (she/ her/ hers): Also east coast  
00:53:34 Kendra Brody: also east coast. anyone else in NYC?  
00:53:35 Justine (she/her): Anything but FB  
00:53:41 Justine (she/her): Boston area  
00:53:51 Justine E | she/her/hers: I'm in Rhode Island.  
00:53:53 Ada Otter (she/her): Seattle/West Coast/PST  
00:53:55 gail: On east coast as wee, and would love to participate in a  
" buddy" and/or support system.  
00:53:58 Sofie: toronto  
00:53:58 Heather: on the west coast here  
00:54:04 Dana Pellegrino: also EST!  
00:54:05 Laurel (she/they): Another west coaster here (Oregon)  
00:54:12 Glenda Mackie (she, her, hers): I am EST  
00:54:18 Sahar : West coast / PST here  
00:54:25 June Lucarotti (she/her): I am happy to create a Signal  
channel. My phone number is (720) 989-0942. Text me if you want me to add  
you?  
00:54:30 Justine (she/her): I can create a Telegram acct  
specifically for YCC Cohorts  
00:54:33 June Lucarotti (she/her): Or open to the doc!  
00:54:40 Kimmy: Yes, that sounds great! Anyone in Australia 😊  
00:54:49 Angie Shere--(she/they): Midwest--I'd like that also.  
00:54:56 Lauren Bernazza (she/her): Spreadsheet option sounds so  
helpful, especially if folks have missed the live and chat opportunity  
00:55:06 June Lucarotti (she/her): Sounds good on the spreadsheet  
instead!  
00:55:12 Justine (she/her): If people want to focus on time zones -  
that is good too. However, I would say it's open to anyone.  
00:55:32 Sara Beth Brooks (she/they): I am willing to set up a discord  
channel and moderate it.  
00:55:36 Sara A (she/ her/ hers): I love it! Excited to connect!  
00:55:47 Brigitte: Anyone in France? 🇫🇷  
00:55:53 Avery Lavoie (she/her): West Philadelphia?  
00:56:01 Justine (she/her): That question - same curiosity  
00:56:09 Marina Patrice Vare: yes Avery! me!  
00:56:40 Avery Lavoie (she/her): Amazing Marina! Happy to connect  
via the excel doc or share my personal email  
00:56:53 Dana Pellegrino: I'm in NJ, 15 mins from Philly  
00:57:01 AINA PRATS: Brigitte, I'm in Spain..quite close!  
00:57:11 Andrea Ramos: Here is the spreadsheet for everyone to add  
their names to!  
<https://docs.google.com/spreadsheets/d/1MdDjIn02Hbtg1VIgEzPAX6kEgy5uDDXb/edit#gid=1437651154>  
00:57:24 Andrea Ramos: Let me know if you have issues accessing it.  
00:57:36 Brigitte: So close Aina  
00:57:58 Radha Dalal: In Dallas but in Cali often 😊 Love to  
connect with any and all time zones :)

00:57:58 Sara Beth Brooks (she/they): Here's a Discord I set up:  
<https://discord.gg/h9Zmw7u9> I will put the link in the spreadsheet as well.

00:58:22 Andrea Ramos: Thanks Sara Beth!

00:59:09 June Lucarotti (she/her): Great, Sara Beth!

00:59:33 christineantonik: Brigitte, Marina, I am in Germany :-)

00:59:51 Jenn Chester: Hamilton, Ontario - Canada

01:02:28 Christie: I wasn't able to get into the Discord account. Says I need to validate it and then it says my invite is no longer valid.

01:02:47 Lisa Melendy: Thanks for all the quick organizing, everyone!

01:02:51 Sara A (she/ her): Ditto on discord

01:06:20 Justine (she/her): Telegram is free; also you don't need a FB acct

01:07:56 Mechi (Meh-chee) - They/She: Thank you so much for naming all of that Susanna.

01:08:44 Brigitte: This is so deep thank you this is soothing

01:10:22 Nancy Lanphear: Thank you Susanna so much good information. I have to leave for work.

01:10:43 Andrea Ramos: Thanks for joining, Nancy. See you!

01:10:46 Laurel (she/they): Thanks all. Excited to grow in community with you all.

01:11:54 Moon: I'm scared my clients won't understand my accent 😊

01:12:22 Leaf Silver (they/them): "too authentic" 😊

01:12:47 Justine (she/her): It's about the rasa.

01:13:02 Sofie: I have to leave as well. thank you everyone. cant wit to meetyou all

01:13:06 Sofie: thank you Susanna

01:13:11 Andrea Ramos: Thank you Sofie!

01:13:44 Susanna Barkataki (she/her): SVYASA

01:13:49 Justine E | she/her/hers: Thank you!

01:13:53 Char: Thank you so much everyone! The questions were wonderful and thank you to everyone for organising and for joining xox

01:14:14 Susanna Barkataki (she/her): The Stories Behind the Poses

01:14:17 Susanna Barkataki (she/her): Raj Balkaran

01:14:24 Susanna Barkataki (she/her): Acharya Shunya - Roar like a Goddess

01:14:39 Susanna Barkataki (she/her): Amma Tell Me

01:15:09 Brigitte: True they explain deities stories so well 😊

01:15:12 Lisa Melendy: Thanks everyone, and thanks SO MUCH Susanna!

01:15:27 Ana Alicia: Thank you for your time!

01:15:47 Leaf Silver (they/them): "If all that doesn't work, do what works for you"

01:15:56 Mariana Schmalstig Diaz: "unity is the goal"

01:16:04 Glenda Mackie (she, her, hers): Excited to explore more fully the origins of the chaants that I have learned. Thank you <3

01:16:12 Susan Shloss (she/her): What I'm doing is enough

01:16:17 ali.pearce: I GET to please myself.

01:16:27 Jessie Ballard: Loving all the energy

01:16:29 gail: Thank you all so much for you lovely presence. Use leave

01:16:30 Jessica Quindel (she/her): I appreciated the flower exercise and adding my own meaning to the 8 limbs. I am going to post my flower (as imperfect as it is!!)

01:16:45 Emily Dorey (she/her): I really enjoyed the flower exercise - what came to mind immediately for me under Dhyana was "releasing the need for control" - something I am always learning through my personal practice

01:17:04 Christie: So excited to be a part of this community! Thank you, Susanna and Andrea!

01:17:53 Justine (she/her): One of my cats just meowed three times with us. Time for their dinner too 😊

01:17:57 Dana Pellegrino: Thank you so much!

01:18:04 Mechi (Meh-chee) - They/She: Thank you so much Susanna!

01:18:05 Marina Patrice Vare: thank you!!!

01:18:05 Brigitte: Thanks a lot for today 🥰

01:18:06 Erin Galyen: Thank you very much!

01:18:07 Megan Williams (she/her): THANK YOU!

01:18:08 Sahar : Thank you!

01:18:09 Emily Dorey (she/her): Thank you Susanna! <3

01:18:10 Justine (she/her): Thank you!

01:18:10 Heather: thank you Susanna!

01:18:10 Kendra Brody: thank you!

01:18:10 Mariana Schmalstig Diaz: take care everyone!

01:18:16 christineantonik: Thank you so much

01:18:18 Justine E | she/her/hers: thank you!