



IGNITE INSTITUTE

FOR YOGIC LEADERSHIP & SOCIAL CHANGE

00:11:39 Becky Tibbits: I am here, but stuck at work, I am going to listen though!

00:16:04 Andrea Ramos: Welcome everyone! For our practice you need a comfortable place to sit & a journal. You can have a candle or bowl of water. None of these things are necessary. Showing up as you are today is enough 😊 If you need any support throughout, you can message me directly!

00:16:25 Kirby: yes

00:20:35 Stacey: Hopeful & frazzled

00:20:37 Sj (she/her): Sleep deprived

00:20:38 Justine Egan-Kunicki | she/her/hers: present but rushed

00:20:38 Jennifer Monsos: excited and hopeful

00:20:39 amy silva: tense and distracted

00:20:40 Autumn: tired & content

00:20:40 Mariana Schmalstig Diaz: sick and grateful

00:20:42 Justine F. (she/her): Busy body (getting ready for a new school year)

00:20:42 Jillian she/her: tense and hopeful

00:20:42 Cai Silver: Tired and feelings

00:20:42 Christina Hsu: longing

00:20:42 Andrea Ramos: Share in the chat 2 words - how are you doing in this moment?

00:20:43 Allison (she/her): swirling but settling

00:20:43 London McElvaine: confusion and surrender

00:20:44 Casey Higgins-Johnson: feeling a little sleepy

00:20:45 Melissa Lepkowski: Tired and thankful

00:20:45 justin (they) @jbroooox: gratitude, patience

00:20:45 Allison Jordan | she/her: grateful and frazzled

00:20:46 Kirby: tired and content

00:20:46 Kahli A [they/them]: grateful and tired

00:20:46 Jeremy Lewis (all pronouns): spacious inside

00:20:47 Cathy B. (she/her): Excited, hopeful

00:20:47 Tabetha Hedrick: trying to ground

00:20:48 Erin Lingo: frazzled and excited

00:20:48 Teresa Bulit-Gordon: overwhelmed and present

00:20:48 Glenda Mackie: arriving

00:20:49 Adriane Dellorco: refreshed and grateful

00:20:49 Emily Villwock (she/her): sweaty and sleepy
00:20:49 Camille Prairie(she/her): present, possibility
00:20:50 London McElvaine: hopeful and frazzled resonates
00:20:50 Kim (she/her/hers): heavy and content
00:20:51 Sara A (she/ her): Tired, overwhelmed
00:20:51 Erin Galyen: distracted and grateful
00:20:51 Elizabeth Doyle: deflated and anxious
00:20:51 Bobbie Jaramillo: Tired and overwhelmed
00:20:52 KJ: garteful and open heart
00:20:52 Joelle (they/them): eager, grounded
00:20:52 Becky Tibbits: Frazzled and on edge
00:20:53 Leah: Challenged and hopeful
00:20:54 Nicky Kratzer (they/she): scattered and overwhelmed but so happy to have
this pause in my day
00:20:54 koyomixtli: frazzled and hopeful x 2
00:20:55 Lauren Cook: Hopeful
00:20:55 Suzanne Clayton (she/her): disappointed, hopeful
00:20:57 Sofie: wild and excited
00:20:58 Jessica Leigh: scattered & optimistic
00:21:00 Amber Cronin (she/her): excited and hopeful
00:21:00 Rosie (she/her): Tired but happy
00:21:01 AINA PRATS: Grateful & anxious
00:21:01 Angie Shere she/they: Stretched
00:21:01 Elizabeth Hill: Steady and excited
00:21:02 Alli : Tender and open.
00:21:03 Verdah Kazi: hopeful, excited, nervous, little scared
00:21:06 Melissa: hopeful but heavy
00:21:08 Zoom user: Interested
00:21:11 Jessica Quindel (she/her): inspired and excited
00:21:11 Shana Bloomstein: listening and faitgued
00:21:13 Vivianne: Exhausted and excited
00:21:14 Selena: Empty and tired
00:21:15 Stella (she/hers): anxious & excited
00:21:15 Katherine Grace she/her: Feeling present and ready
00:21:23 Jennifer Smith: hopeful and frazzled
00:21:24 Kiara Elliott: Tired and content
00:21:26 katie (they/she): exhausted and excited!
00:21:27 Tonya- Sensitivity Rising: Cautiously optimistic
00:21:29 Megan F (she/her): exhausted but ready
00:21:29 Anitra P: Grateful & Present
00:21:37 ali.pearce: Feeling calm even though everything is wacky.
00:21:43 Kisha Hughes (she/her): Tired and calm
00:21:53 Andrea Cameron (she/her): present and ready
00:26:50 Susanna Barkataki (she/her): New beginnings or what needs refresh

00:26:59 Susanna Barkataki (she/her): and / or - obstacles
00:30:29 Verdah Kazi: whats the prompt for the second one?
00:30:47 Justine F. (she/her): New beginnings
00:30:52 Verdah Kazi: thanks@
00:30:55 Verdah Kazi: thanks!
00:31:01 Verdah Kazi: I thought that was for the first one?
00:31:21 Andrea Ramos: New beginnings, what needs refresh and/or obstacles
00:31:29 Verdah Kazi: oh got it
00:37:48 DPALLEG: Jai Ganesha! Your statue is beautiful
00:38:04 Justine F. (she/her): I heard a sweet story about how Ganesha got his elephant head.
00:44:39 Susanna Barkataki (she/her): Om Gum Ganayapatiye Namaha
01:11:05 Sj (she/her): This has been so nourishing and informative, thank you so much
01:11:07 Justine F. (she/her): Thank you! 😊
01:11:16 Kirby: i feel so much lighter, thank you so much
01:11:20 Autumn: This was really lovely
01:11:23 Jennifer Monsos: Thank you!
01:11:34 Rosie (she/her): Thank you!
01:11:35 Joelle (they/them): Thank you so much for this space <3
01:11:41 Becky Tibbits: Thank you! <3
01:11:44 Susan Shloss (she / her): Is YCC open to new members?
01:11:47 Alli : Thank you! Such a powerful start to my day (Aus)!
01:11:48 Stella (she/hers): what a beautiful experience - wow 🥰 so much gratitude
01:11:48 Mariana Schmalstig Diaz: another resonating experience.. thank you
Susanna!
01:11:50 Andrea Cameron (she/her): Thank you - so wonderful!
01:11:53 Stacey: Trust & Surrender xoxo
01:11:56 Leah: I take with me the courage to reshift my thinking around my obstacles
01:11:57 Amber Cronin (she/her): This was really great. Thank you. I was feeling distracted and out of sorts and I was able to tune in and really take somethings away :)
01:12:03 Megan F (she/her): I have missed practicing with you! Thank you Susanna. So healing.
01:12:10 Camille Prairie(she/her): Jai Ganesha ! This was extremely resonant for me today, especially where I'm at right now. Thank you <3
01:12:15 Jennifer Smith: Thank you, beautiful practice, I enjoyed learning about Ganesh. I feel less frazzled and more peace within.
01:12:17 Glenda Mackie: LOVE the story! Thank you <3
01:12:17 Moon: I love the resistance story 🌹
01:12:18 Tabetha Hedrick: I feel so grounded. Thank you very much for today
01:12:21 katie (they/she): thank you so much everyone 🥰 feeling held. lots of love yall
01:12:21 Justine F. (she/her): Beautiful practice.
01:12:22 Beckie Shuttleworth: Thank you, it's been a lovely time to gather in this space. beautiful way to end the day in London, england

01:12:22 Kisha Hughes (she/her): Thank you <3

01:12:24 Teresa Bulit-Gordon: Thank you. My takeaway is approaching obstacles in another way.

01:12:24 Susan Shloss (she / her): Very nourishing!

01:12:25 Vivianne: Thank you for sharing so generously!. This was amazing

01:12:26 Katherine Grace she/her: Thank you very much everyone. What a lovely experience and feeling grateful to be sharing this precious space with you

01:12:32 Emily Villwock (she/her): Thanks so much Susanna. Love the reframing of new beginnings.

01:12:32 Tonya- Sensitivity Rising: I'm excited to use this mantra each day before I sit down to create 🙏😊

01:12:40 Zoom user: Wonderful

01:12:41 Mariana Schmalstig Diaz: take care all!

01:12:42 AINA PRATS: thank you so much! Love this time together

01:12:43 Kim (she/her/hers): A lovely experience for grounding and refreshing

01:12:56 London McElvaine: Thank you!!! Love to all

01:12:57 Jillian she/her: Thanks so much!

01:12:59 Mariana Schmalstig Diaz: what was the name of the kriya?

01:13:00 Kahli A [they/them]: thank you!

01:13:04 Casey Higgins-Johnson: Thank you! Be well all

01:13:06 Jessica Leigh: loved everything! YCC has been so nourishing for me so far. so excited what more is to come :) <3

01:13:08 Kim (she/her/hers): Thank you for your time and energy this afternoon

01:13:10 KJ: Thank you for this nourishment and learning! so needed

01:13:10 Joelle (they/them): I appreciated the gentle movement and the meditation

01:13:15 Autumn: Thank you

01:13:19 Kirby: can you define puja please!

01:13:32 Brigitte: Thanks a lot ! Will for sure try to see my obstacles from an another perspective 😊

01:13:39 Sammi Dittloff (she/her): Thank you, Susanna!

01:14:00 Nicky Kratzer (they/she): thank you so much, Susanna!

01:14:26 Mariana Schmalstig Diaz: what was the name of the kriya?

01:14:44 Shana Bloomstein: Thank you so much for this practice

01:14:50 Susanna Barkataki (she/her): Malasana Thoppukaranam

01:14:56 Mariana Schmalstig Diaz: thank you!!

01:15:38 Lauren Cook: Thank you

01:15:44 Brigitte: My mom used to make us do thopukaranam as a punishment as well haha

01:16:15 Jessica Quindel (she/her): Yes, thank you @Susanna! Loved the stories about Ganesh, the mantra, kriya and all of it. I had heard about Ganesh as the remover of obstacles but that was a helpful way to think about the creation of obstacles as well.

01:16:52 Elizabeth Hill: Having the whole month to spend in ahimsa has allowed me to have space for insights to develop and go deeper!! I have had some good "ahas"

01:16:59 Moon: thank you!

