



00:15:35 Jessica (she/her): amazing

00:16:55 Susanna Barkataki (she/her): Grateful for in chat...

00:17:00 Ada (she/her): Lap time with new adopted kittens :)

00:17:04 Carly Joelle: I'm grateful for my therapist!!

00:17:07 Susan Shloss (she/her): Grateful that I am on the path of j creating a just world.

00:17:10 Amber Watts (she/her): nature and my loved ones

00:17:11 Selena: Im grateful for my mom

00:17:14 Kahli A [they/them]: I'm grateful that I was brave enough to ask for help

00:17:15 Christie: This community!

00:17:20 Jessica (she/her): I am grateful that I continue to commit to deeper learning and have started feeling more confident sharing what I have learned about yoga and systems thinking.

00:17:22 Kiara: Grateful for nature and sunshine and time spent with loved ones!

00:17:24 Laurel (she/they): Grateful for my students

00:17:30 Jas (she/her): Grateful for my dreams last night!

00:17:31 Estela Domingo Torres: I am grateful for being brave enough to change

00:17:42 Colombe Anderson: I am grateful for being brave enough to leave my job

00:17:46 Lauren Cook: family, friends, food, water, yoga, community, air, the earth, fur babies, love

00:17:54 Justine | she/her/hers: I'm grateful that I was able to move freely in my body today.

00:17:56 Mariana Schmalstig Diaz: Grateful for my family and peace

00:17:58 Stella Raab (she/hers): grateful to begin stepping into my own voice

00:18:10 Vivianne Cardenas: Grateful for my home, and my daughter saying "te amo" to me for the first time today

00:18:10 Justine : What's the question?

00:18:14 ali.pearce: I am grateful for finding my voice! (ongoing) :)

00:18:17 Audrey [she/her]: Grateful for my dog, she's my best teacher 🐶

00:18:18 Andrea Ramos: grateful for community, support, mountains, pets, yoga!

00:18:19 Jamie (she/her) @tharavadayoga: I'm grateful for the wisdom I receive from my babies

00:18:24 Justine : Please add the question to the chat?

00:18:38 Andrea Ramos: Dropping in what we are grateful for

00:18:47 Varenka: I'm grateful for my family

00:18:48 Justine : Grateful for breath

00:18:50 Radha: Grateful for sunshine ☀️

00:18:52 Jessica (she/her):

<https://www.jessicaquindel.com/event-details/yoga-for-leaders-an-embodied-approach-to-systems-thinking-2022-11-01-11-00>

00:18:54 Michelle Steffen (she/her): ancestors

00:18:58 Jessica (she/her): thanks for the support!!

00:19:00 Justine : Grateful for my partner in the past couple of days.

00:19:02 Alli : Grateful for time with my dogs and Dad. Grateful for my willingness to show up to the opportunity to open and explore my patterns in opening to romance.

00:33:32 Justine (she/her): Isn't that all under the same umbrella?

00:33:54 Justine (she/her): And benefit each other.

00:36:54 Susanna Barkataki (she/her): I am curious for my own personal growth and navigation of the groups understanding or how they differentiate (if this is even necessary) white patriarchy /white christian patriarchy and white supremacy

00:38:03 Justine (she/her): If you look at the school systems - traditionally, the holidays fell around the christian holidays and ignored other religious holidays/needs.

00:38:32 Audrey [she/her]: I think there's no hierarchy in oppression, but some people are more silenced than others, so yes, using your voice/power can serve others (and all living beings and the planet)

00:38:59 Estela Domingo Torres: or, as in the case of today in Spain , glorify White supremacy (día de la Hispanidad)

00:39:06 Justine (she/her): Also - how people have interpreted religions - and how they (religious leaders) harm other people (recent issues in Iran).

00:40:09 Justine (she/her): I appreciate that expression, 'colonial hangover'

00:40:38 Susan Shloss (she/her): There is intersectionality among the 3 areas

00:44:31 Justine (she/her): I appreciate you addressing this.

00:44:40 Jessica (she/her): I can so relate to this question Justine! I am a former public school teacher/educator and have been struggling with these questions about marketing within capitalism. I also want to shout out Tristan Katz's Yoga and Social Justice Marketing Mentorship program to help with this. I just completed the 6-month mentorship with them and it was incredible--the speakers, the other participants, and the teachings.

<https://www.katz-creative.com/mentorship>

00:44:41 Jamie (she/her) @tharavadayoga: YES

00:44:44 Carlee Ferrell she/her/hers: Yes!

00:44:46 Justine (she/her): I also agree that we have to get over our blocks, etc.

00:44:50 Radha:yes!!!

00:44:54 Vivianne Cardenas: Yes

00:44:58 Sara A (she/ her/ hers): Yes!

00:50:20 Audrey [she/her]: Tristan is great :-) I'd also recommend The Connected Yoga Teacher, there's tons of resources on running a business

<https://www.theconnectedyogateacher.com/>

00:50:43 Justine (she/her): Say that again?

00:50:52 Justine (she/her): I only heard the last part 😊

00:52:29 Jessica (she/her): thanks for naming that Susanna!!

00:52:47 Nimisha Nagalia: thank you for saying that Susanna

00:53:12 Justine (she/her): I appreciate you going into this.

00:54:15 Jessica (she/her): Would love if anyone has any recommendations of South Asian folks leading work around marketing and messaging related to yoga and social justice.

00:56:35 Audrey [she/her]: Tejal is great about social justice and yoga
<https://tejalyoga.com/>

00:56:36 Justine (she/her): School teachers want everything for free! I wanted to figure out how to go the non-profit route - however, that is very complicated too!

00:57:33 Constina: I echo about Tejal.

00:58:46 Justine (she/her): Yes! 😊

01:00:44 Jessica (she/her): Yes to Tejal Yoga!! I have been a member for the last year and it has been amazing. Tejal is also partnering with Juliana Mitchell on an upcoming "Sacred Commerce Immersion" Oct 24-27. Looks so good! I have a conflict but plan to participate in their next one in Feb. <https://www.instagram.com/p/Cjllqv9uUVK/>

01:00:57 Justine (she/her): Would you feel comfortable sharing some organizations that we could contribute to in India? I'm especially interested in education for girls.

01:02:11 Lauren Cook: <https://www.shantibhavanchildren.org>

01:05:49 Susan Shloss (she/her): It's such a helpful conversation for any spiritually oriented business.

01:06:53 Nicky Kratzer: +1

01:07:43 Andrea Ramos: ooh, brahmacharya! energy management. Have been working on this quite a bit past few years

01:08:44 Constina: I've been working on this for the past 1-2 years. Saying No to others has freed me to say yes to my self.

01:09:29 Hoang Edullantes (she/her): Hi Susanna, can you share more about your time working as a school teacher and dealing with work toxic environment, how do you navigate between speaking up vs. preserving your energy and just accept the reality and move on? I work in a corporate environment right now and have been navigating daily the white supremacy and patriarchy so entrenched in the work place.

01:10:33 Radha: feel you

01:10:38 Constina: I can totally relate to "if I say no I might lose out on something great."

01:10:38 leaf (they/them): I've learned so much about boundaries from mental health tik tok

01:10:45 Radha: nedra tawwab is great for boundaries

01:11:24 Justine (she/her): @Constina - same.

01:12:12 Carly Joelle: Something that's worked for me in the past: tell folks that you need to take a break to recharge your batteries... and then do or do not ever restart, and if you do restart, you've got a fresh opportunity for a new way of doing things, boundaries etc! 😊

01:13:17 Andrea Ramos: what has helped me as well is setting business and/or personal values to help me decide what to put my time/energy towards. Only doing things that MOST align with my values <3

01:13:23 Carly Joelle: *I meant to word that that as "I" instead of "you" 😊

01:13:34 Radha: Your time is valuable !!!! 🤍🤍🤍

01:13:48 Lauren Cook: I've learned to set my prices based on how I value my time. Is it worth it to me? What could I do doing with my time instead?

01:14:34 Jessica (she/her): +1 Radha I love Nedra Tawwab's Instagram. So many great short messages about boundaries.

01:14:44 Selena: Thank you so much everyone for your feedback 🥰🥰 i really appreciate it

01:15:08 Radha: 🍀🍀🍀🍀

01:15:33 Alli : I am so grateful for this call, it's the first Q & A I've been able to make, partly because I did set boundaries on my time to create the space and capacity. It's been so invaluable! Thank you.

01:16:44 Justine (she/her): @Alli - sweet boundary setting! 😊

01:17:34 Alli : Yes! Thank you @justine 🍀

01:17:45 Audrey [she/her]: A great resource to navigate white supremacy in organisations is Tema Okun's paper on "white supremacy culture", I Believe it's available on the dismantling racism's website. It's a great resource anyway, beyond the initial subject

01:17:48 Constina: I would also add find your support team outside of work to help guide you through

01:18:00 Kahli A [they/them]: i needed to hear that

01:18:46 Kahli A [they/them]: makes me think about how our needs arent neutral

01:19:00 Jessica (she/her): thank YOU for the wisdom sharing Susanna and everyone with their questions and thoughts in the chat.

01:19:15 Andrea Ramos: you can submit office hours questions here :)
<https://docs.google.com/forms/d/e/1FAIpQLSfLI4cmiYVXZU4xRwweMJNGvBoewdRe0yVaKjwdtPxcYea4g/viewform>

01:19:17 Hoang Edullantes (she/her): Thank you! Hearing you say that the environment is inhabitable is so affirmed

01:20:55 Selena: I love that- needed the fire to make the change

01:20:59 Constina: LOL

01:21:49 Susan Shloss (she/her): Such powerful practice

01:22:17 Alli : I honour your integrity!

01:22:23 Jessica (she/her): That is so helpful to hear you are still processing, Susanna. I left public schools after almost 20 years 3 years ago and feel like I am still processing all the time!

01:22:24 Constina: thank you so much

01:22:34 Hoang Edullantes (she/her): Sorry I am actually at work so I can't speak out loud right now haha

01:22:58 Jas (she/her): Kia ora, thank you so much for this nourishing call!

01:23:11 Jamie (she/her) @tharavadayoga: I relate. Sometimes they don't fire you, they keep your work and make you un-promotable. You deserve to work somewhere that is at least better if not wonderful 😊

01:23:13 Susan Shloss (she/her): Gratitude!

01:24:09 Kahli A [they/them]: do we have to tag you? or sharing a post works?

01:24:33 Justine | she/her/hers: Can you remind me of the "deadline" process around that

for each month?

01:24:38 Jessica (she/her): so excited!!

01:24:48 Andrea Ramos: <https://yogaclasscurator.com/ycc-monthly-giveaways/>

01:24:54 Andrea Ramos: How to enter:

<https://yogaclasscurator.com/ycc-monthly-giveaways/>

01:25:04 Andrea Ramos: Entry form:

https://docs.google.com/forms/d/e/1FAIpQLSckJbG-pjdkPoaZmm-P8hvx4hegPXgjHuRYOZbY4n_dA4lfeA/viewform

01:25:15 Kahli A [they/them]: could you email me that?

01:25:33 Andrea Ramos: Kahli, yes what's your email?

01:25:49 Kahli A [they/them]: kahlialspaugh@gmail.com

01:25:52 Kahli A [they/them]: tysm!

01:26:19 Andrea Ramos: Got it! I'll send it over. If anyone else needs it, email booking@ignitebewell.com

01:26:47 Lauren Cook: Thank you!