



WEBVTT

1

00:00:00.000 --> 00:00:01.110

Susanna Barkataki (she/her): Oh, yeah, really

2

00:00:02.300 --> 00:00:04.210

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

3

00:00:05.620 --> 00:00:07.510

Susanna Barkataki (she/her): Hello! Hello!

4

00:00:07.640 --> 00:00:24.570

Susanna Barkataki (she/her): Uh! Who I am with you all from Costa Rica today, and i'm in a geodesic dome that was built with uh a lot of intention, and without cutting down um

5

00:00:25.310 --> 00:00:36.450

Susanna Barkataki (she/her): trees, which I think is really cool, like the place that i'm at, and Meloa is set up for sustainability, so I just figured for folks who came on earlier, and i'll just

6

00:00:36.740 --> 00:00:45.579

Susanna Barkataki (she/her): share with you like It's such a a jungle out there is a river. You might be able to hear it in the background. And then there's

7

00:00:46.050 --> 00:00:53.369

Susanna Barkataki (she/her): my little bed over there is Blares little bed, so it's really it's a really

8

00:00:53.710 --> 00:00:56.960

Susanna Barkataki (she/her): sweet place to be, and has been very nourishing.

9

00:00:57.320 --> 00:00:58.480

Um

10

00:00:58.880 --> 00:01:01.550

Susanna Barkataki (she/her): really ground it so

11

00:01:01.570 --> 00:01:07.310

Susanna Barkataki (she/her): welcome wherever you're coming in from. Maybe you can drop in the chat.

12

00:01:10.140 --> 00:01:14.600

Susanna Barkataki (she/her): Feel like today, You know we're exploring the theme of esteem,

13

00:01:15.070 --> 00:01:34.290

Susanna Barkataki (she/her): and so today maybe we can drop in something you've been grateful for recently. Um! And I really want to encourage you to also explore like something you're grateful for about you like we often don't give ourselves, or like something you've wanted to hear

14

00:01:34.300 --> 00:01:38.159

Susanna Barkataki (she/her): um. You don't have to put this in the chat. You can um, but

15

00:01:38.600 --> 00:01:47.250

Susanna Barkataki (she/her): for a lot of my life I wanted to hear like You're doing a good job, you know. You're really doing like you're doing great, and

16

00:01:47.360 --> 00:01:50.460

Susanna Barkataki (she/her): sometimes I do hear that from the outside.

17

00:01:50.480 --> 00:01:58.840

Susanna Barkataki (she/her): But way less often, you know, than than little Susanna, or like that part of me that wants to hear the affirmation actually

18

00:01:59.330 --> 00:02:08.290

Susanna Barkataki (she/her): wants. But I can give that to myself. And So if there is something you know, thinking about like things you're grateful for. It could be out in the world but

19

00:02:08.840 --> 00:02:10.920

Susanna Barkataki (she/her): option to start with yourself.

20

00:02:11.220 --> 00:02:15.239

Susanna Barkataki (she/her): So we're going to drop things that you're grateful for

21

00:02:15.400 --> 00:02:26.709

Susanna Barkataki (she/her): in the chat. And then also just kind of general things today. Um! We just had two questions in in the form, and so um,

22

00:02:26.720 --> 00:02:38.750

Susanna Barkataki (she/her): so we'll Probably we'll do a little practice, and then we have space for conversation and for engaging, which we did a lot last time, and I thought was really really nice. So um! So just so you

23

00:02:40.360 --> 00:02:44.530

Susanna Barkataki (she/her): can be present to. And of course you never have to speak if you don't want to

24

00:02:47.020 --> 00:02:54.310

Susanna Barkataki (she/her): grateful for my mom nature and my loved ones, i'm grateful for my mom, too. My mom is in this program,

25

00:02:54.340 --> 00:03:03.039

Susanna Barkataki (she/her): and now I shouldn't have said that actually sorry. Well, um should ask for consent. Uh, I think she'd be okay with me, sharing

26

00:03:03.800 --> 00:03:08.119

Susanna Barkataki (she/her): uh i'm grateful for my therapist. Yes,

27

00:03:08.250 --> 00:03:15.249

Susanna Barkataki (she/her): good price, brave enough to ask for help. Yes, community continued. Commitment to learning.

28

00:03:15.830 --> 00:03:16.900

Susanna Barkataki (she/her): Hmm.

29

00:03:16.940 --> 00:03:23.270

Susanna Barkataki (she/her): And it's has started to feel more confident sharing what I've learned about yoga and systems thinking. Oh, that's powerful.

30

00:03:25.110 --> 00:03:27.820

Susanna Barkataki (she/her): And just to like. Call that out.

31

00:03:27.830 --> 00:03:48.919

Susanna Barkataki (she/her): I I hope that as we're deepening in this connection in this community here we can also support one another. And so, Jessica, I know you've been sharing online. Maybe you can drop in the chat if you're open to other people like checking out your stuff, you know, and so we'll have a time leader where we can resource one another. We're going to talk about a stay in that way.

32

00:03:48.930 --> 00:03:49.840

Um,

33

00:03:51.130 --> 00:03:53.250

Susanna Barkataki (she/her): for your dreams.

34

00:03:53.340 --> 00:04:02.050

Susanna Barkataki (she/her): Yeah. So many gratitude. I'm not gonna say all of them. But what's the question? What are you grateful for? What are you grateful for?

35

00:04:02.540 --> 00:04:06.299

Susanna Barkataki (she/her): I am grateful for finding my voice on going?

36

00:04:06.880 --> 00:04:07.810

Susanna Barkataki (she/her): Hmm.

37

00:04:09.100 --> 00:04:10.050

Susanna Barkataki (she/her): Yes,

38

00:04:12.330 --> 00:04:13.760

okay,

39

00:04:17.950 --> 00:04:19.420

Susanna Barkataki (she/her): thank you.

40

00:04:19.810 --> 00:04:33.780

Susanna Barkataki (she/her): All right, my friends. Let's take a moment to practice. And so, wherever you are, where we'll probably do about five minutes minute practice. You can connect to your body

41

00:04:33.970 --> 00:04:35.420

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

42

00:04:39.970 --> 00:04:45.349

Susanna Barkataki (she/her): Maybe if you're needing it or wanting it today a little bit of a stretch,

43

00:04:49.220 --> 00:05:01.690

Susanna Barkataki (she/her): and often we end with looking around ourselves. But take a moment to look around you. It's noticing what's there, and all of the conditions that have come together

44

00:05:01.890 --> 00:05:03.629

Susanna Barkataki (she/her): to support you

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00:05:03.670 --> 00:05:15.590

Susanna Barkataki (she/her): right like. Sometimes it's often for me. It's the trash can like. I'm so grateful for a trash hand, and then the people who remove the trash right or um all of that, and it's not.

46

00:05:15.920 --> 00:05:31.650

Susanna Barkataki (she/her): It's not necessarily huge things, or that, like the error, the thing that's regulating the error in here. So the temperature is comfortable. Um, the bad that I can sleep on like there's so many causes and conditions that allow us to live

47

00:05:31.730 --> 00:05:36.030

Susanna Barkataki (she/her): the lives that we live. So, taking a moment to just touch

48

00:05:36.140 --> 00:05:43.789

Susanna Barkataki (she/her): with your eyes, with your experience, maybe just feeling a sense of support, all of the support,

49

00:05:48.230 --> 00:05:51.809

Susanna Barkataki (she/her): and then you can place a hand on your heart if you would like

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00:05:52.040 --> 00:05:55.790

Susanna Barkataki (she/her): another hand on your belly if you would like, or both hands on your heart,

51

00:05:56.710 --> 00:05:59.250

Susanna Barkataki (she/her): and we'll tune into our breath

52

00:06:04.000 --> 00:06:05.650

Susanna Barkataki (she/her): Anything in

53

00:06:06.070 --> 00:06:07.930

Susanna Barkataki (she/her): for a count of four.

54

00:06:08.160 --> 00:06:10.880

Susanna Barkataki (she/her): Your breath count, might be different than mine,

55

00:06:11.020 --> 00:06:13.589

Susanna Barkataki (she/her): and breathing out for a count of four,

56

00:06:13.960 --> 00:06:19.399

Susanna Barkataki (she/her): we're going to practice slightly lengthening um. So

57

00:06:19.500 --> 00:06:27.550

Susanna Barkataki (she/her): wherever you would, you would like to lengthen to, so we'll breathe in two, three, four

58

00:06:27.750 --> 00:06:34.370

Susanna Barkataki (she/her): out, two, three, four, inhale to

59

00:06:34.400 --> 00:06:35.550

three

60

00:06:35.650 --> 00:06:38.889

Susanna Barkataki (she/her): for exhale to

61

00:06:39.000 --> 00:06:40.000

three,

62

00:06:41.160 --> 00:06:46.569

Susanna Barkataki (she/her): and now going to five, if you would like an inhale to three,

63

00:06:46.660 --> 00:06:48.900

Susanna Barkataki (she/her): four, five,

64

00:06:49.000 --> 00:06:54.420

Susanna Barkataki (she/her): exhale, two, three, four, five,

65

00:06:54.500 --> 00:07:03.460

Susanna Barkataki (she/her): inhale, one, two, three, four, five, exhale two, three,

66

00:07:03.480 --> 00:07:16.920

Susanna Barkataki (she/her): four, five, and the last one. We'll move to a six, or wherever your breath would like to go in hell. One, two, three, four, five, six,

67

00:07:16.940 --> 00:07:34.670

Susanna Barkataki (she/her): exhale, one, two, three, four, five, six in hell, two, three, four, five, six, exhale two, three, four, five, six,

68

00:07:34.680 --> 00:07:37.199

Susanna Barkataki (she/her): continuing at your own pace.

69

00:08:16.960 --> 00:08:21.399

Susanna Barkataki (she/her): So in this moment, as you're here with your breath

70

00:08:22.230 --> 00:08:25.890

Susanna Barkataki (she/her): allowing space and spaciousness

71

00:08:26.950 --> 00:08:28.579

Susanna Barkataki (she/her): for you to be

72

00:08:28.760 --> 00:08:31.010

Susanna Barkataki (she/her): exactly where you are.

73

00:08:33.929 --> 00:08:42.879

Susanna Barkataki (she/her): So often we move from experience to experience, without really having the time or space to fully integrate the previous experience,

74

00:08:43.260 --> 00:08:51.299

Susanna Barkataki (she/her): and even this is a subtle form of of perhaps stealing from ourselves.

75

00:08:51.640 --> 00:08:54.159

Susanna Barkataki (she/her): And so, as day, it can be

76

00:08:54.740 --> 00:09:01.130

Susanna Barkataki (she/her): kind of a a challenge to, or an invitation, an invitation

77

00:09:02.400 --> 00:09:04.810

Susanna Barkataki (she/her): to see

78

00:09:05.650 --> 00:09:12.730

Susanna Barkataki (she/her): where we have enough, and where we can create conditions for feeling that we have enough

79

00:09:14.630 --> 00:09:17.249

Susanna Barkataki (she/her): inside and all around.

80

00:09:17.600 --> 00:09:22.300

Susanna Barkataki (she/her): And then also where we can interrupt conditions that create

81

00:09:22.750 --> 00:09:25.969

Susanna Barkataki (she/her): scarcity for ourselves or others,

82

00:09:26.020 --> 00:09:30.939

Susanna Barkataki (she/her): because it's true that you know in the world that we live in for so many reasons

83

00:09:31.240 --> 00:09:36.420

Susanna Barkataki (she/her): we're forced to rash. We're forced to do things that maybe aren't

84

00:09:37.430 --> 00:09:40.189

Susanna Barkataki (she/her): sustainable, or you know,

85

00:09:40.470 --> 00:09:43.600

Susanna Barkataki (she/her): in our own best interest or highest good.

86

00:09:44.470 --> 00:09:52.989

Susanna Barkataki (she/her): And so there is a way like a kind of self forgiveness, and you can keep your hands on your heart, or rest them down

87

00:09:53.020 --> 00:09:54.030

on

88

00:09:54.200 --> 00:09:56.500

Susanna Barkataki (she/her): your legs, or anywhere you would like.

89

00:09:56.520 --> 00:09:59.430

Susanna Barkataki (she/her): But there's a kind of self forgiveness for

90

00:10:03.340 --> 00:10:07.650

Susanna Barkataki (she/her): for the fact that you know, especially under capitalism.

91

00:10:07.680 --> 00:10:14.559

Susanna Barkataki (she/her): How can we not be practicing stealing in a way from ourselves, with how much we have to

92

00:10:14.590 --> 00:10:16.540

Susanna Barkataki (she/her): maybe hustle or work,

93

00:10:19.240 --> 00:10:27.609

Susanna Barkataki (she/her): maybe from taxes we need to pay, or we pay that go to causes or supporting things we don't believe in.

94

00:10:27.800 --> 00:10:29.979

Susanna Barkataki (she/her): There's a kind of natural,

95

00:10:30.280 --> 00:10:32.890

Susanna Barkataki (she/her): not natural kind of structural

96

00:10:33.020 --> 00:10:41.240

Susanna Barkataki (she/her): um conditions for for stealing that exist in a lot of the systems.

97

00:10:41.930 --> 00:10:43.409

Susanna Barkataki (she/her): So we live under.

98

00:10:44.210 --> 00:10:45.899

Susanna Barkataki (she/her): And yet Yoga

99

00:10:46.190 --> 00:10:52.280

Susanna Barkataki (she/her): is here to show us our way to autonomy, to liberation, to freedom

100

00:10:52.520 --> 00:10:55.100

Susanna Barkataki (she/her): personally and collectively,

101

00:10:56.510 --> 00:10:59.390

Susanna Barkataki (she/her): and some of that can be in literally

102

00:10:59.630 --> 00:11:06.699

Susanna Barkataki (she/her): unhooking from the blame, the self lane, or the shame that we might feel for

103

00:11:07.320 --> 00:11:17.299

Susanna Barkataki (she/her): the choices that we make, or that we have to make, and some of that may be, and actively interacting systems of harm and appropriation.

104

00:11:18.310 --> 00:11:30.279

Susanna Barkataki (she/her): And some of it may be in like In this moment. It's noticing the things that, as your body perhaps slightly shifts forward, that you're like really leaning towards or craving. And

105

00:11:30.290 --> 00:11:39.899

Susanna Barkataki (she/her): maybe if you're repulsed by or like resisting something, maybe lightly leaning back. There's this energy of craving and aversion.

106

00:11:39.970 --> 00:11:41.599

Susanna Barkataki (she/her): It's the dance

107

00:11:41.640 --> 00:11:44.210

Susanna Barkataki (she/her): of life like in this moment

108

00:11:44.550 --> 00:11:47.069

Susanna Barkataki (she/her): I like that Cool re is.

109

00:11:47.110 --> 00:11:52.750

Susanna Barkataki (she/her): Oh, now it's too cold, right craving. I want more version I want

110

00:11:52.970 --> 00:11:54.310

Susanna Barkataki (she/her): pick on,

111

00:11:54.990 --> 00:12:00.160

Susanna Barkataki (she/her): and so there is that this is what's natural. It's this rhythm of craving an aversion

112

00:12:01.200 --> 00:12:05.089

Susanna Barkataki (she/her): that then a stale allows us to interrupt

113

00:12:06.810 --> 00:12:08.319

Susanna Barkataki (she/her): with gratitude,

114

00:12:09.140 --> 00:12:10.130

Susanna Barkataki (she/her): with

115

00:12:11.430 --> 00:12:15.590

Susanna Barkataki (she/her): letting go with a kind of acceptance, and

116

00:12:15.800 --> 00:12:19.560

Susanna Barkataki (she/her): even sometimes cessation of that dance,

117

00:12:27.230 --> 00:12:29.930

Susanna Barkataki (she/her): so we'll close our practice now with

118

00:12:30.760 --> 00:12:32.290

Susanna Barkataki (she/her): one of my favorite

119

00:12:32.520 --> 00:12:46.929

Susanna Barkataki (she/her): lines: focus from the back of Gita. When Christmas says to our jet, do every action you must do, but do not be attached to your actions fruits. This skill in action is yoga,

120

00:12:49.050 --> 00:12:55.199

Susanna Barkataki (she/her): and this line really applies to all of the

121

00:12:55.450 --> 00:12:56.380

that

122

00:12:57.710 --> 00:13:02.359

Susanna Barkataki (she/her): it's here to remind us that there are things you're here to do,

123

00:13:02.930 --> 00:13:04.830

Susanna Barkataki (she/her): and that are yours to you.

124

00:13:05.820 --> 00:13:09.440

Susanna Barkataki (she/her): But you have no control over the fruits of those actions,

125

00:13:10.780 --> 00:13:13.800

Susanna Barkataki (she/her): and so, allowing yourself to feel enough

126

00:13:15.260 --> 00:13:19.290

Susanna Barkataki (she/her): to give yourself the affirmations that maybe you wished for,

127

00:13:24.450 --> 00:13:28.520

Susanna Barkataki (she/her): and when you're ready you can gently begin to stretch,

128

00:13:29.420 --> 00:13:34.140

Susanna Barkataki (she/her): wiggling your fingers if you like your arms legs

129

00:13:34.680 --> 00:13:40.869

Susanna Barkataki (she/her): once again, looking around you and noticing things that you are grateful for.

130

00:13:42.670 --> 00:13:45.209

Susanna Barkataki (she/her): Maybe three things, naming them

131

00:13:45.260 --> 00:13:46.570

Susanna Barkataki (she/her): out loud

132

00:13:47.560 --> 00:13:49.909

Susanna Barkataki (she/her): to yourself or in your mind,

133

00:13:54.640 --> 00:13:56.119

and then we'll come

134

00:13:56.950 --> 00:13:58.100

Susanna Barkataki (she/her): together.

135

00:14:03.230 --> 00:14:04.610

Welcome!

136

00:14:06.690 --> 00:14:07.940

Susanna Barkataki (she/her): Hmm.

137

00:14:08.430 --> 00:14:13.650

Susanna Barkataki (she/her): I love this Yama so much. It's so. So. Um!

138

00:14:14.640 --> 00:14:19.350

Susanna Barkataki (she/her): There's so much depth to all of them that I particularly feel like

139

00:14:20.720 --> 00:14:22.120

Susanna Barkataki (she/her): I stay A.

140

00:14:23.210 --> 00:14:33.770

Susanna Barkataki (she/her): For me. Is it such a practice of reminding myself again and again of what I can be grateful for, and then what I can give

141

00:14:33.920 --> 00:14:35.320

Susanna Barkataki (she/her): and

142

00:14:36.550 --> 00:14:38.020

Susanna Barkataki (she/her): how to like,

143

00:14:38.940 --> 00:14:55.460

Susanna Barkataki (she/her): navigate these systems and structures like we explored in the meditation, and so I want to share. I was reflecting on this. I went. I've been here on this retreat in in Maloa, and there's a wonderful Um Tika local Yoga as in a teacher

144

00:14:55.600 --> 00:15:00.760

Susanna Barkataki (she/her): who is teaching Yoga in the mornings. And so I've gotten to go to her classes,

145

00:15:00.830 --> 00:15:15.839

Susanna Barkataki (she/her): and they've done two classes, and I noticed yesterday yesterday was my first class that I was there in class, and I was feeling like, Am I doing it right? You know I had that feeling of like. Am I doing it? What you want? Am I doing it right? And

146

00:15:17.560 --> 00:15:20.030

Susanna Barkataki (she/her): so I think that's such a human

147

00:15:20.130 --> 00:15:35.380

Susanna Barkataki (she/her): impulse, and some of you might be feeling that, or I wanted to share it as a reminder that some of your students are feeling that when they come to practice with you, those who teach us in our other forms of view, or anything really that you teach. And

148

00:15:36.600 --> 00:15:50.090

Susanna Barkataki (she/her): she didn't explicitly say, you know, like often I like to start my s in a class. This is saying like there's no way to do this wrong, you know. If you want to take a nap through the entire, or lay down and do Shavasana or

149

00:15:50.100 --> 00:15:59.399

Susanna Barkataki (she/her): adjust, you know. Please do. There's no way to do it wrong, and so that kind of verbal queuing, I think can be really supportive and really helpful

150

00:15:59.530 --> 00:16:06.519

Susanna Barkataki (she/her): for folks, especially around practicing a stay, guiding them to practice in a way that doesn't steal from themselves,

151

00:16:06.530 --> 00:16:20.110

Susanna Barkataki (she/her): because when we put the locus of power outside of us in a teacher, and it's like, Oh, did they think i'm doing it right? But really, Yoga, is that process of self autonomy. So, being guided back and back and back to

152

00:16:20.120 --> 00:16:47.729

Susanna Barkataki (she/her): their own truth of what is right for them. And then today I just had, you know, a chance to notice that impulse to myself, and also be in the same class with the same teacher for a second time, and I was so much more at ease because I given myself the queuing of like. There's no way to do this wrong. You can, and also have a little bit of like a risk injury today. And so it's like, Well, I I have to adjust. I'm You know It's gonna be different. And

153

00:16:47.740 --> 00:16:57.259

Susanna Barkataki (she/her): um, and that's wonderful. And so I also want to bring that in in a meta way to this work that we're doing with Yoga class Curator. There's no way to do it wrong.

154

00:16:57.650 --> 00:17:05.039

Susanna Barkataki (she/her): What you're doing is enough. And so for some of you. Um, maybe you're watching the video, the Dharma talk,

155

00:17:05.410 --> 00:17:28.239

Susanna Barkataki (she/her): you know, at the beginning of the month or the end of the month. Maybe you're not watching it at all. Maybe you're practicing the yoga as Anna. Maybe you're not practicing it. Maybe you're listening to the meditation, to the mantra and chanting, and maybe you're not, and that's okay. There's no way to do it wrong. You can take a kind of oracular approach to trusting that what you get is right for you, and then going in

156

00:17:28.690 --> 00:17:52.790

Susanna Barkataki (she/her): and out as much as as you would like, I give in the in the little Mini course at the beginning some suggestions, for if you would like to like, I would suggest this thing to Dharma, talk at the top of the month, and then doing the meditation once a week, and then as an ideally at least once a week, and then going out and um teaching it if if you would like. But you don't need to do it that way. That's just an invitation.

157

00:17:53.130 --> 00:17:54.400

Susanna Barkataki (she/her): Um,

158

00:17:57.940 --> 00:18:02.220

Susanna Barkataki (she/her): I think that's all that I wanted to begin with is around

159

00:18:02.570 --> 00:18:05.919

Susanna Barkataki (she/her): like you're already doing enough, and

160

00:18:07.610 --> 00:18:24.739

Susanna Barkataki (she/her): it's this beautiful like dance of enough, and of course we can always do more. Uh, and there is always more to learn. So I wanted to answer the two questions. We got two questions and then open it up for exploration, and our

161

00:18:25.910 --> 00:18:29.190

Susanna Barkataki (she/her): first question was around um,

162

00:18:29.420 --> 00:18:44.949

Susanna Barkataki (she/her): their person. Okay, Kimberly says, I'm curious for my own personal growth and navigation of the groups understanding, or how they differentiate. Um, if this is even necessary white patriarchy, white Christian patriarchy and white supremacy,

163

00:18:45.380 --> 00:18:46.690

Susanna Barkataki (she/her): and

164

00:18:47.700 --> 00:18:53.149

Susanna Barkataki (she/her): I thought that would be a great question to open up to the group. I I can share my thoughts, but

165

00:18:53.230 --> 00:18:55.750

Susanna Barkataki (she/her): i'm not an expert in

166

00:18:56.110 --> 00:19:02.929

Susanna Barkataki (she/her): like Christianity. And the ways that these things intersect, I would say

167

00:19:03.830 --> 00:19:23.339

Susanna Barkataki (she/her): there are structures or systems of oppression that interlock, and that interlock in the intersect right and um and their cumulative, and they they um are multiplicative over time. So it's not just additive, it's, it's multiplicative. And so patriarchy is its own system of oppression that

168

00:19:23.350 --> 00:19:24.840

Susanna Barkataki (she/her): um or

169

00:19:25.260 --> 00:19:30.939

Susanna Barkataki (she/her): privilege and power that centers and uplifts men or um, and

170

00:19:31.040 --> 00:19:34.800

Susanna Barkataki (she/her): puts down all non men, and

171

00:19:35.330 --> 00:19:39.509

Susanna Barkataki (she/her): white supremacy is the same, and so that um

172

00:19:39.520 --> 00:20:09.490

Susanna Barkataki (she/her): for me I would think Christian white supremacy would then go under kind of the category of white supremacy in general, but also religious privilege; whereas in countries like the United States, where the dominant religion is Christianity, you've got this multiplicative effect of religious um ha! Centering of power like on the wheel of power. And so someone who is white um and a religious minority, like, for example, Jewish

173

00:20:09.680 --> 00:20:10.860

Susanna Barkataki (she/her): um

174

00:20:11.050 --> 00:20:12.270

and

175

00:20:12.700 --> 00:20:25.450

Susanna Barkataki (she/her): a man doesn't have the same access to power that someone who's Christian and White and a man would have right. So So there's a way that these systems do all connect um

176

00:20:25.750 --> 00:20:42.509

Susanna Barkataki (she/her): and add to each other. I do want to bring up as we're talking about this nuance that I remember meeting this wonderful playwright. I don't know where he is. I met him in like two thousand and one Kevin Og, and he wrote a play. That was all about

177

00:20:42.520 --> 00:20:47.679

Susanna Barkataki (she/her): Um. The black experience and disabled experience, and the message of the play was like,

178

00:20:47.910 --> 00:20:51.020

Susanna Barkataki (she/her): Let's not have our impressions compete,

179

00:20:51.670 --> 00:21:05.500

Susanna Barkataki (she/her): and I think that's really key, because yes, you know, when you look at the the wheel of power, there's some folks who are so experiencing so much more marginalization than others. And

180

00:21:06.510 --> 00:21:19.749

Susanna Barkataki (she/her): you know, how do we calculate that right like It's everyone's experience in the way that these things impact. Each of us is so unique. And so it's more like where we experience privilege. We can use it to uplift and support others.

181

00:21:19.900 --> 00:21:22.399

Susanna Barkataki (she/her): Um, but to not like.

182

00:21:22.460 --> 00:21:29.359

Susanna Barkataki (she/her): Put other people down because they're not as oppressed or something like that, so just wanted to to bring that in and then open it up.

183

00:21:29.520 --> 00:21:32.370

Susanna Barkataki (she/her): So let me see um

184

00:21:32.520 --> 00:21:37.249

Susanna Barkataki (she/her): in the chat, I think Toistine says Yes, it is. I think

185

00:21:37.300 --> 00:21:38.890

Susanna Barkataki (she/her): you know it's. It's

186

00:21:39.360 --> 00:21:45.820

Susanna Barkataki (she/her): any power structure that privileges some and puts down others right. Power is not inherently good or bad

187

00:21:46.450 --> 00:21:54.069

Susanna Barkataki (she/her): power is neutral. It's how we use it. And if we're using it to, uh, to oppress, or we're using it to share power.

188

00:21:54.270 --> 00:22:08.810

Susanna Barkataki (she/her): This is pausing, and I saw some people like not and connect. So it's just inviting, uh inviting other voices into the the space. If you have insight on the question or um also for Kimberly, if you'd like to and add anything,

189

00:22:15.620 --> 00:22:17.060

i'll drop the

190

00:22:17.200 --> 00:22:18.740

Susanna Barkataki (she/her): question in the chat.

191

00:22:19.160 --> 00:22:20.360

Susanna Barkataki (she/her): Um,

192

00:22:35.260 --> 00:22:42.829

Susanna Barkataki (she/her): it's okay. If folks don't want to speak to this. Um, I think systems of oppression right? Or they're tricky to talk about

193

00:22:42.920 --> 00:22:46.510

Susanna Barkataki (she/her): power and privilege and um

194

00:22:53.940 --> 00:22:57.290

Susanna Barkataki (she/her): for me. It's also important to say, like,

195

00:22:57.650 --> 00:23:08.330

Susanna Barkataki (she/her): we're all problematic, like i'm problematic. I've done stuff that's harmful, even, you know, Last week it doesn't just because we're working on this stuff. Doesn't mean we're perfect.

196

00:23:08.530 --> 00:23:13.409

Susanna Barkataki (she/her): And so it's a continued exploration to look at

197

00:23:13.550 --> 00:23:22.970

Susanna Barkataki (she/her): where we might have power, you know, and and where we don't. I think about this, particularly for myself as a um task, privileged

198

00:23:23.030 --> 00:23:25.480

Susanna Barkataki (she/her): Hindu, because,

199

00:23:26.070 --> 00:23:28.370

Susanna Barkataki (she/her): even though Yoga originally

200

00:23:28.850 --> 00:23:44.900

Susanna Barkataki (she/her): was an earth-based practice and indigenous practice for so many years, it's been used by for medical patriarchy to oppress those who are um of other casts or um, not even part of the caste system. And so

201

00:23:46.010 --> 00:24:00.559

Susanna Barkataki (she/her): what is my responsibility as someone with cast privilege, even living in diaspora to addressing those harms that aren't part of the original practice of Yoga, but have been practiced for a very long time,

202

00:24:01.300 --> 00:24:13.709

Susanna Barkataki (she/her): he says. I think there's no hierarchy and oppression, but some people are more silence than others. Yes, using your voice power to serve others and all living meetings and the planet. Yeah

203

00:24:13.890 --> 00:24:26.740

Susanna Barkataki (she/her): and Justine. If you look at the school systems traditionally, the holidays fell around the Christian holidays. Yes, and ignored other religious holidays and needs. And this continues to this day: Yeah, um,

204

00:24:27.090 --> 00:24:33.989

Susanna Barkataki (she/her): or is in the case of Spain. So it says, glorify white supremacy.

205

00:24:34.150 --> 00:24:45.340

Susanna Barkataki (she/her): Also, how people interpreted religions and how they religious leaders harm other people. Yes, recent issues in Iran, and you know, with Yoga, for example. Uh,

206

00:24:45.710 --> 00:24:47.840

Susanna Barkataki (she/her): there's a huge

207

00:24:48.120 --> 00:24:51.000

Susanna Barkataki (she/her): legacy of the colonial

208

00:24:51.040 --> 00:25:10.299

Susanna Barkataki (she/her): kind of a hangover, I would call it. But even while the the British were in India of saying that Yoga and at Ayurveda and other indigenous traditions were like Shamanism, or were devil worship, or were bad, and so many many Indian folks in India and in the Diaspora

209

00:25:10.310 --> 00:25:12.730

Susanna Barkataki (she/her): think of yoga as um

210

00:25:12.780 --> 00:25:14.509

Susanna Barkataki (she/her): kind of like a

211

00:25:14.670 --> 00:25:18.610

Susanna Barkataki (she/her): What's a good example like something that that like

212

00:25:19.000 --> 00:25:32.329

Susanna Barkataki (she/her): that people do, or like people who are who are not um good. Like they're, they're out to do harm, which is a complete misunderstanding from a Christian as christian-centered perspective,

213

00:25:33.900 --> 00:25:36.119

Susanna Barkataki (she/her): Yeah, Colonial hangover.

214

00:25:36.250 --> 00:25:50.670

Susanna Barkataki (she/her): Yes. Okay. So if you have more on this. Please bring it in. Um. The person who who asked Kimberly our next question, and I love this question so perfect for Este. Um i'm gonna read it.

215

00:25:52.710 --> 00:25:54.070

Susanna Barkataki (she/her): Um!

216

00:25:58.010 --> 00:25:59.660

Susanna Barkataki (she/her): It's around

217

00:26:01.330 --> 00:26:16.030

Susanna Barkataki (she/her): like sustainability and making a living as a yoga teacher. And so the question is, i'm curious for my own personal growth and navigation of the group's understanding of how they different away. Sorry, that's the same question.

218

00:26:16.470 --> 00:26:19.300

Susanna Barkataki (she/her): Um, sometimes. My,

219

00:26:22.280 --> 00:26:23.690

it doesn't.

220

00:26:24.400 --> 00:26:26.979

Susanna Barkataki (she/her): Okay. Um. So

221

00:26:29.430 --> 00:26:58.450

Susanna Barkataki (she/her): this question is around capitalism and the business owner mentality. I understand that part of our cultural heritage in the Us. Is to acquire things, and we're trying to be counterculture. However, I appreciate your business sense, meaning me, Susanna um of curating a community and asking people to post their experiences on their social media, which is like free advertising will be teaching us um This art of doing business, a subtle art, pricing, et cetera, looking at the reality of living in a country with expensive healthcare

222

00:26:58.460 --> 00:27:16.429

Susanna Barkataki (she/her): and a culture that doesn't value people only isolation, productivity, quantity, and not community. Um, please understand that i'm processing my current reality as a school teacher uh on the edge of burnout and disillusionment and with the entire educational system. Yeah, I really feel that Um,

223

00:27:16.500 --> 00:27:32.669

Susanna Barkataki (she/her): i'm currently working in a district that doesn't value elementary school teachers. I want to be able to work towards financial independence with yoga, but don't know how to do it and try. But it didn't feel the right way. Um! I was taught with branding and all the other marketing messages. Yes,

224

00:27:32.890 --> 00:27:50.050

Susanna Barkataki (she/her): thank you so much for this question, Justine. Um! I think a lot of people. I think things like this, and don't ask it right, like we don't have a chance to have real conversations about money and financial seven business, and I also want to name that when I originally conceived of of

225

00:27:50.060 --> 00:28:02.140

Susanna Barkataki (she/her): Yoga class curator, it was going to be more like a business training. And then um! What I realized was that was that that was out of integrity with the

226

00:28:02.190 --> 00:28:17.309

Susanna Barkataki (she/her): model that I want to give, which is around like deepening, and yoga's roots, because it is really hard to bring both together, and it's hard to do it skillfully, so it'd be out of integrity to do it in the kind of container that we have in depth we would need

227

00:28:17.550 --> 00:28:39.649

Susanna Barkataki (she/her): in intensive, you know, like a retreat or um, a like a series of online workshops. That was like date not day long, because day long is too long online, but like, maybe a series of weekends, or some way where we could really go deeper into um into some of the issues. And also the other thing is

228

00:28:40.960 --> 00:28:59.489

Susanna Barkataki (she/her): I will get. I'll give you some concrete skills and tools, for sure. But the thing is, i'm going to give you those. But for many people, including myself, until I process my own blocks to doing them they were not useful, right it. And so I would also in integrity to run up a business program. I would want

229

00:28:59.500 --> 00:29:11.379

Susanna Barkataki (she/her): to do it in a way where I could help people actually get results, and that doesn't make sense to me. And like a a big, you know, kind of open container we're just meeting um like this and um,

230

00:29:11.390 --> 00:29:31.230

Susanna Barkataki (she/her): And so I just want to name that because um, it's not really officially part of this program. However, in these office hours I will always give you the best that I can of anything that you want. You have questions about. And so i'm gonna go into this in depth right now. But i'm gonna pause and just say, Justine, is there anything you want to ask

231

00:29:31.240 --> 00:29:34.879

Susanna Barkataki (she/her): to say? Um, And I do really want to affirm like,

232

00:29:34.990 --> 00:29:48.750

Susanna Barkataki (she/her): because I've been there my own version of where you are in terms of burned out and like not supported, and it it's a really hard place to be, and there may be other folks listening, or who've been um who've been there? Um. In their various professions.

233

00:29:53.800 --> 00:29:59.150

Susanna Barkataki (she/her): Okay, would it be helpful to other folks to talk about like

234

00:29:59.400 --> 00:30:02.559

Susanna Barkataki (she/her): the art of running a yoga business

235

00:30:03.250 --> 00:30:06.539

Susanna Barkataki (she/her): just want to see? Yeah, Okay. So

236

00:30:10.530 --> 00:30:13.310

Susanna Barkataki (she/her): this is great. And

237

00:30:13.750 --> 00:30:21.390

Susanna Barkataki (she/her): thinking of how to organize it. So the most important thing, I think. Well, it's not the most. I'll share my process. So it was like

238

00:30:21.540 --> 00:30:23.260

Susanna Barkataki (she/her): first was

239

00:30:23.700 --> 00:30:39.510

Susanna Barkataki (she/her): practicing and deepening. That was just for me. I wasn't gonna teach. And then I slowly started to teach because I was asked to teach by my friends and colleagues. So I didn't go into this like I'm going to make money. I'm going to run a yoga business. But I was working as a teacher

240

00:30:39.520 --> 00:30:45.919

Susanna Barkataki (she/her): and some friends asked me to run a yoga teacher training on the side, you know, just for them. So I was able to do that,

241

00:30:46.100 --> 00:30:52.090

Susanna Barkataki (she/her): and I wanted to also at that time begin to run yoga workshops.

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00:30:52.140 --> 00:30:54.300

Susanna Barkataki (she/her): So what I realized was

243

00:30:54.440 --> 00:30:56.239

Susanna Barkataki (she/her): one. I had to

244

00:30:56.300 --> 00:31:14.950

Susanna Barkataki (she/her): to get the word out somehow. So there's sort of a step before getting the word out. It's just like, What is it that i'm going to do? And in my case I prefer not one off us in a classes, but longer workshops, and so I ran, and I would never run this now. But um, i'll tell you this call is a call. It was like

245

00:31:16.050 --> 00:31:25.279

Susanna Barkataki (she/her): women's, goddess wellness, or something like that. Um, and or got like goddess wellness for women. I wouldn't do it one because it's gendered um,

246

00:31:25.680 --> 00:31:36.360

Susanna Barkataki (she/her): and I don't resonate with the word goddess for for that reason as well. Um, now. But that was one of the first programs I ran, and it was a six week program, and so

247

00:31:36.960 --> 00:31:38.939

Susanna Barkataki (she/her): I learned very quickly

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00:31:39.050 --> 00:31:40.040

Susanna Barkataki (she/her): that

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00:31:40.650 --> 00:31:53.540

Susanna Barkataki (she/her): there's a couple of ways to getting the word out and getting people to come to what I wanted to share, and if I didn't have a big audience which I didn't. I had like fifty people on my email list, and they were people I had just pulled up like

250

00:31:53.580 --> 00:31:57.020

Susanna Barkataki (she/her): completely unethical. Don't do this that I pulled,

251

00:31:57.100 --> 00:32:02.720

Susanna Barkataki (she/her): you know, onto my gmail like like a group email list that we're just friends and friends with friends

252

00:32:03.070 --> 00:32:16.639

Susanna Barkataki (she/her): supposed to ask for consent, and did not know that in twenty, whatever it was, eleven or ten, or something. Um or I, you know I just It was one of those things I was. I was in the process of learning, and then

253

00:32:17.680 --> 00:32:34.829

Susanna Barkataki (she/her): I realized that I didn't have enough people. So I started the program marketed the program because every business you kind of have to be doing marketing and sales right? Every successful business is letting people know that's marketing sales, selling something to them, and

254

00:32:37.530 --> 00:32:44.269

Susanna Barkataki (she/her): my marketing was not, You know it was just like emailing a few people. I think it posted on Facebook. And then I realized. Oh,

255

00:32:44.390 --> 00:32:57.019

Susanna Barkataki (she/her): what if I partner with other people and invite for every week, You know there's six weeks invite, maybe four guest teachers. So they share about the program, and i'm paying them, you know. I think

256

00:32:57.360 --> 00:33:07.870

Susanna Barkataki (she/her): the to the ticket with somewhere like a sliding scale, twenty to forty dollars for each session. I'll pay them a percentage of whatever their session, you know, makes, and

257

00:33:08.830 --> 00:33:17.750

Susanna Barkataki (she/her): that worked really well, because then I had four experts they shared with their people. Um, my that workshop. I think we had maybe

258

00:33:18.670 --> 00:33:29.559

Susanna Barkataki (she/her): every workshop, maybe between five and eight people, which is great, you know. Each ticket was twenty to forty dollars. I was able to pay someone else and make a little bit of money pay for the space that I had rented.

259

00:33:30.500 --> 00:33:40.879

Susanna Barkataki (she/her): Was it replacing my teaching salary? No, it wasn't, you know not at all. And um! But it was. It was nice like side income.

260

00:33:41.820 --> 00:33:51.690

Susanna Barkataki (she/her): And so then the next step was getting clear about my audience like, Who was I serving? And what was it that I was going to

261

00:33:52.330 --> 00:34:09.290

Susanna Barkataki (she/her): help them with? Right? So it's kind of like I help this type of person with this problem, and and a lot of people, including me, really struggle with narrowing down. I didn't want to there. I wanted At that time I was like, I want to just help everyone. Everyone who needs Yoga and

262

00:34:09.300 --> 00:34:27.830

Susanna Barkataki (she/her): um, that's everybody right like Yoga can help everyone, and that I did. Maybe some of you here were on my early email list, but it was really generic emails about yoga and wellness super super general, because I hadn't figured out

263

00:34:28.159 --> 00:34:40.480

Susanna Barkataki (she/her): what it is that I was really good at helping people with, or what people really wanted to help with. And very few people responded to those emails, I will say, but I do think they had a purpose.

264

00:34:40.530 --> 00:34:56.240

Susanna Barkataki (she/her): So I was figuring out my thing right. I was trying to figure out what I was gonna teach on and talk about and share about. And so I made a commitment to consistency. And so this is one of the first suggestions, as you're like building up uh your

265

00:34:56.560 --> 00:35:08.640

Susanna Barkataki (she/her): business is being consistent, and it doesn't matter what you what you're consistent with as long as you're consistent. So for me. It was email. I emailed. I I blogged every week and emailed about that blog

266

00:35:08.970 --> 00:35:17.579

Susanna Barkataki (she/her): later on. It turned into Instagram, You know. Now, it's like Instagram, Youtube and Tik Tok, because I can repurpose the same things more or less, and

267

00:35:17.640 --> 00:35:19.939

Susanna Barkataki (she/her): that consistency paid off

268

00:35:20.670 --> 00:35:22.870

Susanna Barkataki (she/her): just as much to help me

269

00:35:23.000 --> 00:35:38.590

Susanna Barkataki (she/her): as it did probably to help anyone else who saw, you know. But I was being consistent. So people started to think, Oh, okay, So Yoga um. Or if they they heard of me they would maybe think yoga. But again that's not specific enough. And so

270

00:35:39.450 --> 00:35:43.830

Susanna Barkataki (she/her): i'm gonna pause for a second, and just think about with anything else. I did

271

00:35:45.220 --> 00:35:48.059

Susanna Barkataki (she/her): So figure it. Audience: who you're helping

272

00:35:48.860 --> 00:35:52.129

Susanna Barkataki (she/her): message and consistency.

273

00:35:53.160 --> 00:35:55.410

Susanna Barkataki (she/her): Um, yes.

274

00:35:58.310 --> 00:36:01.970

Susanna Barkataki (she/her): Okay. I'm looking at it for a second.

275

00:36:02.420 --> 00:36:09.119

Susanna Barkataki (she/her): Yeah. Marketing within capitalism. Yeah. Tristan has a great yog and social justice marketing mentorship program.

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00:36:09.250 --> 00:36:10.450

Susanna Barkataki (she/her): Um,

277

00:36:10.700 --> 00:36:12.269

Susanna Barkataki (she/her): And

278

00:36:14.280 --> 00:36:20.430

Susanna Barkataki (she/her): there are great. We free resources to, and the connected Yoga teacher group. Um.

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00:36:22.270 --> 00:36:37.550

Susanna Barkataki (she/her): So the Justine we're looking at who you're helping what you're helping them with, and then consistently sharing, because that's marketing right? Marketing is really just sharing a message over and over and over again,

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00:36:41.310 --> 00:36:42.959

Susanna Barkataki (she/her): and then sales

281

00:36:43.180 --> 00:36:44.279

Susanna Barkataki (she/her): is

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00:36:44.500 --> 00:36:54.680

Susanna Barkataki (she/her): selling folks. The folks who want to buy something from you selling them those things. So the way I feel okay with it now. I do also want to like, pull back and say

283

00:36:54.780 --> 00:37:10.940

Susanna Barkataki (she/her): in the West under capitalism Yoga has been so exploited, it's It's like something like a thirty, or maybe more billion dollar industry. And the majority of people profiting from Yoga are not the people from who yoga comes?

284

00:37:10.950 --> 00:37:16.250

Susanna Barkataki (she/her): And So there's this added layer of care and of esteem for

285

00:37:16.260 --> 00:37:32.820

Susanna Barkataki (she/her): folks to consider. If you're not South Asian, and that's the other reason I didn't want to do a marketing class, and I actually feel a little uncomfortable with promoting business and marketing classes that Aren't run by South Asian. So I just want to name that because both the things that were dropped in the chat are not South Asian teachers

286

00:37:32.830 --> 00:37:51.920

Susanna Barkataki (she/her): and um i'm not sure how much they're like giving you the provide because I don't. I mean, I'd have to ask them. But um, I actually think that it should be run by South Asian folks gonna go deeper into this. Because if you're not South Asian right? Um, because

287

00:37:52.140 --> 00:37:57.419

Susanna Barkataki (she/her): otherwise there's so much opportunity for appropriation and for harm.

288

00:37:58.430 --> 00:37:59.640

Susanna Barkataki (she/her): Um,

289

00:38:02.760 --> 00:38:05.120

Susanna Barkataki (she/her): yeah. So

290

00:38:09.300 --> 00:38:11.360

Susanna Barkataki (she/her): let's see um

291

00:38:13.250 --> 00:38:15.359

just thinking for a second.

292

00:38:21.500 --> 00:38:22.840

Susanna Barkataki (she/her): So messaging.

293

00:38:23.750 --> 00:38:27.209

Susanna Barkataki (she/her): Yes, uh, you're welcome.

294

00:38:29.350 --> 00:38:35.579

Susanna Barkataki (she/her): So i'm going to talk about like ethical practices after I talk about helpful practices. Um!

295

00:38:36.550 --> 00:38:38.240

Susanna Barkataki (she/her): So messaging

296

00:38:39.780 --> 00:38:51.340

Susanna Barkataki (she/her): is sharing generously right marketing when you're sharing from the heart You're sharing tools that can help people. Remember you're thinking about who you can help. But that thing you can help them with. Then

297

00:38:51.720 --> 00:39:04.810

Susanna Barkataki (she/her): I don't feel like it's as icky. So I drill down because of who is coming to me. The The people who are coming to me were folks of color transfers, queer folks, folks who worked in nonprofits, who wanted to learn yoga

298

00:39:04.920 --> 00:39:23.419

Susanna Barkataki (she/her): that one like honored the roots of Yoga, and to help them serve their communities better. That was not happening in La or anywhere really, at that time. And so it's like, Oh, I can help those people, and I can help in this particular way. Um! So it was that intersection of

299

00:39:23.510 --> 00:39:28.130

Susanna Barkataki (she/her): my life experience, my passions, my knowledge, and

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00:39:28.150 --> 00:39:38.010

Susanna Barkataki (she/her): the demand to ask the things that people wanted for me, and that kind of um. I think of it like a Benji diagram, is,

301

00:39:39.180 --> 00:39:41.470

Susanna Barkataki (she/her): It's constantly refining.

302

00:39:41.500 --> 00:39:50.620

Susanna Barkataki (she/her): So you don't have to again. Don't be don't think of it as something you have to perfect. But um something that you can.

303

00:39:50.780 --> 00:40:07.599

Susanna Barkataki (she/her): You can explore right. What do people want? That's one. What are your passions They would overlap if I could dry it. But um! I just realized I should spot myself for the recording. I don't think I've done that. Um. So what are your

304

00:40:08.100 --> 00:40:13.329

Susanna Barkataki (she/her): passions? What are People's needs and

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00:40:14.610 --> 00:40:44.169

Susanna Barkataki (she/her): you know, and what will they pay you for? Right, because if you're running a business, it actually has to be something people will pay you for. I think I mentioned on our last office hours how like. I have great relationship, advice, and then no one wanted to pay me for that. And so um. So that was a really important learning of like, i'm passionate about this. I care about this, but there's no audience here for the thing that I want to share. And so, when my friends ask with consent. If they want to advice on relationships, i'll give it to them, you know,

306

00:40:44.180 --> 00:40:49.749

Susanna Barkataki (she/her): but that's not something i'm going to run programs on at least nowhere in the near future, and

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00:40:50.870 --> 00:41:03.200

Susanna Barkataki (she/her): I feel like there's one other thing. Oh, yeah, it would be like the world's needs right? So um, So it's like what your passion is what community is asking for, and what makes the world what improves the world? I think

308

00:41:03.210 --> 00:41:16.150

Susanna Barkataki (she/her): thinking of those three things when we're talking about business, or, you know, making money with Yoga has to consider that third part, which is also where honoring the culture and honoring the roots goes.

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00:41:17.230 --> 00:41:19.129

Susanna Barkataki (she/her): But sometimes it's hard,

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00:41:19.280 --> 00:41:25.900

Susanna Barkataki (she/her): you know, to start there, if you don't even know, like what you're helping people with. And so I want to begin there, which is like,

311

00:41:25.970 --> 00:41:38.780

Susanna Barkataki (she/her): think of it like a sandwich, or like a um house you could. You could use either analogy. But there's like where people are. Their problem right when they're coming to you. Then there's where you're taking them. So for me

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00:41:38.850 --> 00:41:44.340

Susanna Barkataki (she/her): and you'll You'll now, when you look at my social media or anything I share. You'll see this. It's like

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00:41:44.380 --> 00:42:03.280

Susanna Barkataki (she/her): maybe people are coming in. Curious, They're coming in as students. They're coming in. Wanting to learn. Go deeper right? That's the beginning point. Where am I taking them? Well, my aim is Yoga as unity, living with the full expanse of what yoga is? How am I taking them there? There's some pillars, or you know that's the house analogy, or like the bread

314

00:42:03.440 --> 00:42:04.520

Susanna Barkataki (she/her): um,

315

00:42:04.740 --> 00:42:06.779

Susanna Barkataki (she/her): or whatever you put in your

316

00:42:07.240 --> 00:42:24.479

Susanna Barkataki (she/her): These are the two breads, and then, like the filling for your sandwich, your tofurky, your lettuce, you know, whatever it is that you put in there. Pickles? Um! So there's the pillars of the tools you use to get people from where they come to you, at to where they're going, and those

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00:42:24.600 --> 00:42:26.069

Susanna Barkataki (she/her): can be,

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00:42:26.210 --> 00:42:29.370

Susanna Barkataki (she/her): you know, like for me, it might be um

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00:42:29.490 --> 00:42:33.080

Susanna Barkataki (she/her): exploring how you open or close your yoga class.

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00:42:33.230 --> 00:42:48.790

Susanna Barkataki (she/her): Um, whether or not you use Sanskrit like, there's key pillars that help people on yoga ethics. And then those are the things I teach on right to get people from here to here, and so building that for yourself again, not being um

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00:42:48.800 --> 00:42:54.769

Susanna Barkataki (she/her): precious about it, or like perfectionistic about it, because it can change. You can grow that you can change it.

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00:42:54.790 --> 00:43:02.110

Susanna Barkataki (she/her): That really helps hone in on who you are and who you serve. And then we'll talk about how to do this ethically.

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00:43:02.720 --> 00:43:03.859

Susanna Barkataki (she/her): Okay,

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00:43:04.030 --> 00:43:05.259

Susanna Barkataki (she/her): Yeah,

325

00:43:06.190 --> 00:43:07.520

Susanna Barkataki (she/her): Um,

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00:43:07.810 --> 00:43:12.810

Susanna Barkataki (she/her): yes, they do. You before sure um,

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00:43:13.010 --> 00:43:24.120

Susanna Barkataki (she/her): and then I will say, i'm building a program that will do this in a very specific way. That's the aim of it. It's an it's going to be um

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00:43:24.660 --> 00:43:28.119

Susanna Barkataki (she/her): in two thousand and twenty-three that's uh

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00:43:29.700 --> 00:43:39.859

Susanna Barkataki (she/her): the aim is to connect to to help teachers figure out exactly who they're serving get really really clear on that clear on their messaging, and then go deeper with

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00:43:39.870 --> 00:43:50.860

Susanna Barkataki (she/her): how they're serving their unique communities, because there are things that only you can share right, whatever your identity and background that only some people can hear and learn from you.

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00:43:50.870 --> 00:44:16.299

Susanna Barkataki (she/her): And then also, part of the program is connecting to folks who never thought they could do yoga and bringing them in to, you know, to learn from the the teachers. So i'll. If you're interested. I'll share about that. You know more when when it comes. Um, it'll be also be relatively accessible, because my aim is really to change yoga in the West, and that we need access. And we need, you know

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00:44:16.310 --> 00:44:19.340

Susanna Barkataki (she/her): depth and all of this out there. Um,

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00:44:20.730 --> 00:44:25.350

Susanna Barkataki (she/her): Okay. So the piece around honoring yoga's roots, and

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00:44:26.490 --> 00:44:33.069

Susanna Barkataki (she/her): and how does what you're passionate about? What serves others that they pay you for help. The world

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00:44:33.080 --> 00:44:54.630

Susanna Barkataki (she/her): so honoring yoga's roots. If you're not South Asian, I think it's really really important to always stay close or connected to different salvation. South Asian teachers. Um, Maybe that's in pay pre programming or mentorship, and to be checking in because it can, especially when you're earning money from Yoga, something that

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00:44:54.640 --> 00:45:01.920

Susanna Barkataki (she/her): that inherently is appropriate. Right? There is no way that that's not appropriate if you're if you're not South Asian, and so

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00:45:02.980 --> 00:45:12.799

Susanna Barkataki (she/her): so much of the structure of Yoga in the West is appropriate. And so it's about. How can we reduce harm and do this in a less harmful way? And that might mean

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00:45:13.530 --> 00:45:27.189

Susanna Barkataki (she/her): um collaborating with other teachers. It might South Asian teachers. It might mean giving reparations, you know, back to um South Asian organizations in India or or elsewhere. Um,

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00:45:27.270 --> 00:45:38.470

Susanna Barkataki (she/her): there's a lot of different ways you could do that centering and citing sources, bringing those those sources front and center, teaching the full expanse of what Yoga is, and

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00:45:38.660 --> 00:45:40.060

Susanna Barkataki (she/her): also

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00:45:40.130 --> 00:45:47.040

Susanna Barkataki (she/her): caring for the communities that you serve. So it's like caring for the roots of Yoga and the tradition and

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00:45:47.370 --> 00:45:58.399

Susanna Barkataki (she/her): honoring it, you know, creatively and with care. And then also like for those who work with particular communities, making sure that

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00:45:58.780 --> 00:46:10.860

Susanna Barkataki (she/her): i'm just trying to think of a good example, like if you're working in nonprofits or in schools that it's you're doing it in a way where you're served, and the community has served, which is really challenging.

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00:46:11.130 --> 00:46:12.479

Susanna Barkataki (she/her): Um,

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00:46:13.620 --> 00:46:16.729

Susanna Barkataki (she/her): Okay, So,

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00:46:17.510 --> 00:46:25.820

Susanna Barkataki (she/her): Justine, I wanted to invite you into the space that oh, the one other thing I want to say before I invite you to share is

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00:46:27.080 --> 00:46:42.220

Susanna Barkataki (she/her): sometimes we have to be, or at least in my experience. I've had to go through this intensity of contrast where i'm like in my workplace, and it's so not okay, like It's so toxic and so hard. And i'm moving towards burnout. It's just hard,

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00:46:42.230 --> 00:46:57.189

Susanna Barkataki (she/her): but I couldn't leap to the other way the next thing. And so I I was able to stay in that challenging place. Kind of had to, because of, you know, paying bills while I was building up my business. So I built my business for

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00:46:57.660 --> 00:47:17.220

Susanna Barkataki (she/her): like four years while I was a teacher, and so all. And then the first three years it ran at a loss um three or four years. So that's like eight years of running something where the first three it were just like, you know, kind of getting it started. Then the first three where I was only doing it. I was

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00:47:17.230 --> 00:47:35.099

Susanna Barkataki (she/her): basically spending money to run and um, And then those those things are always like. How do we make sure to do this ethically? Pay our teacher? You know all the guest teachers and everything fairly and um and make make a living right. It's not an easy thing

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00:47:35.110 --> 00:47:51.879

Susanna Barkataki (she/her): to jump into. And so if you have a runway um, if you this is for folks who don't have trust funds, or like rich, whatever family members or or partners, which is my experience, I, you know, is just doing. I was paycheck to pay tech right as a teacher. Um!

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00:47:53.220 --> 00:48:07.400

Susanna Barkataki (she/her): But I will say I did have. I want to name my privileges because um, I had parents who I like if I needed rent payment, and I was behind, and I couldn't do it. I could. I could call them um, so I had

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00:48:07.690 --> 00:48:33.199

Susanna Barkataki (she/her): more support than a lot of people do um, and that, too, just naming. There's a There's privilege there, and not for folks who are trying to start their own business. It's like it can be really, really challenging to see other people who've done it who have access to like a bail out or hand. You know a help. If there's a month where there's a shortfall, you know, and you can't pay um

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00:48:33.470 --> 00:48:37.269

Susanna Barkataki (she/her): folks, maybe, who you, who you're working with, or yourself

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00:48:37.580 --> 00:48:39.000

Susanna Barkataki (she/her): so

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00:48:39.510 --> 00:48:48.760

Susanna Barkataki (she/her): to be gentle with yourself, and then also to have kind of like backup backup backup. I usually had two to three backup plans. Um for the first

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00:48:49.700 --> 00:48:59.670

Susanna Barkataki (she/her): six years, and I still have backup plans of things that I would do if things don't go. You know the way that um that creates sustainability.

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00:48:59.710 --> 00:49:00.930

Susanna Barkataki (she/her): So

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00:49:02.700 --> 00:49:13.510

Susanna Barkataki (she/her): yes, I can. I'd be happy. I have a whole list, Justine of organization. So Justine did you wanna share? And then I realized I have talked a lot, and I want to hear from you all.

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00:49:13.720 --> 00:49:15.209

Susanna Barkataki (she/her): So I'm going to stop talking.

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00:49:20.650 --> 00:49:25.629

Justine (she/her): I just want to thank you for uh bringing that up and addressing it, and just

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00:49:25.850 --> 00:49:27.860

Justine (she/her): appreciate listening to you.

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00:49:28.150 --> 00:49:32.940

Justine (she/her): Um, and learning from you about all your experiences and

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00:49:33.520 --> 00:49:37.979

Justine (she/her): what you'd like to see happen in the future of yoga.

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00:49:39.560 --> 00:49:49.049

Susanna Barkataki (she/her): Oh, Thank you. I hope that was helpful. I basically tried to consolidate like a marketing, and I didn't really talk about sales. I can um. But

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00:49:49.540 --> 00:49:51.589

Susanna Barkataki (she/her): kind of building your business

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00:49:51.650 --> 00:50:01.339

Susanna Barkataki (she/her): in a a short, concise amount of time, like I said, though it's okay. If everything I've said was like too quick or too much, or you don't execute on it because

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00:50:01.580 --> 00:50:13.529

Susanna Barkataki (she/her): it's hard without support, you know. There's a lot of blocks. I've felt like It's been a video game almost like here. There's one challenge, and I get there, and then, you know, move through that. And then there's another town in a way that

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00:50:14.280 --> 00:50:15.619

Susanna Barkataki (she/her): when I worked

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00:50:15.770 --> 00:50:29.749

Susanna Barkataki (she/her): for schools. There were challenges, but it didn't feel it did. I wasn't doing as much personal work. I didn't have to overcome as many in our blocks. Um, so it is hard, and it's hard to do alone. So um! It's good to have support

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00:50:30.210 --> 00:50:38.150

Susanna Barkataki (she/her): anything else. Doesn't have to be on this topic at all. Um to be on any topic, and i'm gonna look for that.

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00:50:38.350 --> 00:50:39.299

Um,

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00:50:40.510 --> 00:50:45.180

Susanna Barkataki (she/her): It's like a list of organizations to donate to.

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00:51:00.000 --> 00:51:00.939

There we are.

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00:51:11.790 --> 00:51:12.850

Susanna Barkataki (she/her): Okay,

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00:51:23.810 --> 00:51:25.419

Susanna Barkataki (she/her): Anything else.

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00:51:28.150 --> 00:51:46.399

Selena: Um, I have a question that's completely unrelated, and I would just like to hear your input um. Lately I've been struggling personally with creating and standing by boundaries, and I feel in a way of

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00:51:46.960 --> 00:51:48.189

Selena: if i'm

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00:51:48.850 --> 00:51:56.829

Selena: saying yes all the time to other people. I feel like, then i'm stealing time for myself away from me

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00:51:56.840 --> 00:52:26.779

Selena: so. But then also with the background, thinking, I don't want to hurt anybody, I don't want to hurt anybody's feelings. If I have a service that I can provide. Then I feel like I should do it, no matter what type of thing. But I really have feeling completely drained, and almost to the point where I want to turn away from everybody who is asking me things, and i'm just like, ha! So how would you go about that As as a teacher, as a as a yogi, just knowing that you have so much great

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00:52:26.790 --> 00:52:44.070

Selena: to share with other people. But if they're just, and then also, if they're not listening to the capacity. What you're speaking about, or they're just assuming they know what that what you're gonna say before you finish, and they don't It's It's interesting. So boundaries taking time for yourself. Sort of things like that.

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00:52:45.430 --> 00:52:48.729

Susanna Barkataki (she/her): Thank you so much for asking that Selena who can relate.

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00:52:49.190 --> 00:52:55.430

Susanna Barkataki (she/her): Yeah, so many I know I can. I used to not say no to anything,

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00:52:55.780 --> 00:53:09.279

Susanna Barkataki (she/her): and there's two sides to this, and one is that for me it came from actually I think of as some Saviorism, right, some wanting to get like I got my value from

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00:53:10.050 --> 00:53:23.170

Susanna Barkataki (she/her): from helping people like I felt valuable. And so it was like I was making myself seem really altruistic like. Oh, I really I'm doing all this good, and i'm helping all these people. But really it was how I got my sense of self worth,

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00:53:23.180 --> 00:53:36.850

Susanna Barkataki (she/her): and so just to look in to see if there may not be happening like that for you. But what was helpful about. That was like, Okay, I need to work on finding my value and feeling my worth directly

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00:53:36.860 --> 00:53:43.729

Susanna Barkataki (she/her): unattached from who i'm helping, helping who i'm serving, you know, or whatever, and

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00:53:43.900 --> 00:53:58.139

Susanna Barkataki (she/her): that automatically necessitated, like more time with my journal, more time alone, more time in nature, saying no to things doing less. I also had this belief that I think was pretty subconscious, that if I said no um,

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00:53:58.260 --> 00:54:05.830

Susanna Barkataki (she/her): the asks would dry up like the like. People would stop asking. And then all of a sudden it was like being ungrateful for what was coming,

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00:54:05.950 --> 00:54:10.980

Susanna Barkataki (she/her): and and then the other piece that i'm hearing, and and so, just like

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00:54:11.150 --> 00:54:28.669

Susanna Barkataki (she/her): if there's unconscious beliefs that you have like noticing what those are. Yours may be similar, totally different than mine. Um! That are driving your your behavior, Because the other thing I started to notice, Are you doing a lot of that, Were you, or are you for free?

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00:54:29.410 --> 00:54:56.520

Selena: Yeah, Yeah. So like I work at my family business, and that's something that I've been wanting to move away from. But feeling the pressure that I need to help my family, or i'm hurting my family if i'm walking away or saying no. But then, all the while they're asking me, teach me yoga, teach me yoga, do this. I'm also an artist too. So then paint me this and pay me so i'm just like, Oh, my goodness, everything with my passions! I feel like you're taking a lot, and it doesn't leave me the room to just

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00:54:56.530 --> 00:55:08.350

Selena: play around and and have fun with everything that I know is so fun like yoga and painting and things feel like obligated to bring the fun for everybody else to. In a way.

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00:55:08.670 --> 00:55:11.970

Susanna Barkataki (she/her): Yeah, okay. So

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00:55:12.930 --> 00:55:25.940

Susanna Barkataki (she/her): the biggest recommendation is is yeah, doing like, maybe literally looking at some some boundary practices and just exploring, exploring what it's like to say. You know

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00:55:25.950 --> 00:55:37.080

Susanna Barkataki (she/her): I know I've done this in the past, but i'm moving into charging, you know, or soon I'll be charging for these things, or you know I can't, because, like one of the things that I've learned is,

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00:55:37.320 --> 00:55:44.630

Susanna Barkataki (she/her): it often helps to say you don't. You don't owe anyone a reason right? But it it can help

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00:55:44.650 --> 00:56:04.549

Susanna Barkataki (she/her): to to say no. But if you don't feel comfortable just saying No, for me, I often might know is no. When i'm working on my next book I need to put my time, and it's true. Um, i'm not in that moment, but um, but that space that I created by saying no allowed that next thing. And so um

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00:56:04.900 --> 00:56:20.679

Susanna Barkataki (she/her): so working with no working with. I also found it. I think I mentioned this last time people who come to things for free one. There's less folks with two like I've done free business coaching, for example. Um,

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00:56:20.690 --> 00:56:41.070

Susanna Barkataki (she/her): and the folks that I coach never took like like half a year long mentorship that was all just free, and they didn't take that advice that really, like other business mentors, charge like ten thousand, twenty thousand fifty thousand dollars right? The material is the same, but because they weren't invested, they weren't valuing

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00:56:41.080 --> 00:56:45.930

Susanna Barkataki (she/her): both their own time or mine. And so what I realized is,

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00:56:46.020 --> 00:56:53.809

Susanna Barkataki (she/her): it actually serves them and me more to charge um, and this gets to the sales part right is like.

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00:56:54.060 --> 00:57:09.529

Susanna Barkataki (she/her): What could you charge like if a stranger asked you to do that, or to do that? You know. What would you be charging? And um, And we can talk a little bit about that in in another call. If we if folks would like to talk money. I think it's very helpful to talk about.

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00:57:09.640 --> 00:57:26.939

Susanna Barkataki (she/her): We we're charging, but since we're close to the end, I will hold that. But, for example, i'll just say like for private yoga, that would be, you know, a hundred bucks like in La, maybe one hundred, fifty, two hundred dollars for a group private group like three to five people,

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00:57:26.950 --> 00:57:36.920

Susanna Barkataki (she/her): you know. Maybe three hundred dollars, right? And this is this: Other people may have different rates, different areas, maybe more, maybe less. Um, but I would say at least

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00:57:37.000 --> 00:57:57.160

Susanna Barkataki (she/her): sixty, seventy-five dollars in most parts of the United States for for private yoga and then for art like that ranges. But again, you know you're you're in the hundreds to thousands depending on what you're creating. So just kind of printing a number on it of like if it's changed, it was like, Hey, can you do this for me?

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00:57:57.170 --> 00:58:00.229

Susanna Barkataki (she/her): Yeah. How much you know? How much will it cost?

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00:58:00.390 --> 00:58:03.699

Susanna Barkataki (she/her): This is the price, right, and so literally creating.

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00:58:03.740 --> 00:58:06.279

Susanna Barkataki (she/her): This is also for the business. Folks like

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00:58:06.450 --> 00:58:23.369

Susanna Barkataki (she/her): this cost this much. So it's not a weird conversation. You don't You're like. Oh, It's just this is the price, right? This is it? There's no negotiation. It's just. And and then stop talking, and it's like, Oh, I can't do that. Okay, you know,

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00:58:23.550 --> 00:58:33.399

Selena: almost like stepping outside of yourself and like Oh, if so, and so we're doing this and that's what they would do. So Why would I treat myself any less, Why would I not

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00:58:33.420 --> 00:58:37.930

Selena: give worth to what I can provide for? Yeah. And

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00:58:38.750 --> 00:58:59.679

Selena: I guess I need to truly feel that my time is valuable, valuable, and that I can spend it how I want to. And then when, if I choose, then to spend it with others, then cool, and I really appreciate everybody else in the chat with everything that you're saying, and it's just a huge struggle for me, and I really appreciate everybody's feedback, and in your words and

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00:58:59.800 --> 00:59:16.780

Susanna Barkataki (she/her): yeah, your opinions. I I really appreciate it. Thank you. Your time and your art and your your yoga, you know, and your all of it is so valuable, and only you can do it. And so, yeah, really, work with some of that, Some of the things people drop some really great resources.

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00:59:16.790 --> 00:59:20.740

Susanna Barkataki (she/her): I want to answer. Um, Yeah, you're welcome

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00:59:20.800 --> 00:59:46.819

Susanna Barkataki (she/her): question. And then I see Kimmy has a hand up. So i'm also gonna name. We're at time I am gonna go over, and i'm realizing I didn't change this because I think we need a little more time. Make Make these about an hour fifteen, just to get to everything. So we don't leave feeling like incomplete, so naming that if you need to go um, thank you so much for your presence, and really really grateful for you.

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00:59:47.820 --> 01:00:14.250

Susanna Barkataki (she/her): And uh see you next time, and you can pop off. And then, if you'd like to say you're more than welcome. So one um shared. Can you share more about your time working as a school teacher and dealing with work toxic environments? How did I navigate between speaking up versus preserving my energy and just accepting the reality and moving on. I work in a corporate environment right now, and have been

navigating daily the white supremacy and patriarchy so entrenched in the workplace.

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01:00:16.850 --> 01:00:22.200

Susanna Barkataki (she/her): There is no perfect answer to this, because the situation is

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01:00:22.420 --> 01:00:25.720

Susanna Barkataki (she/her): is inherently untenable, like it's an

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01:00:25.790 --> 01:00:28.040

Susanna Barkataki (she/her): inhabitable and livable,

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01:00:28.050 --> 01:00:52.069

Susanna Barkataki (she/her): and I didn't always do it gracefully. I did a lot of personal work, a lot of self compassion work a lot of self forgiveness, and then a lot of like internal work of forgiveness to them. When I walked into the interview, or the whatever meeting where I got fired right because I I brought up some of these issues, the same issues you're experiencing white supremacy, Patriarchy? Um!

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01:00:53.370 --> 01:01:10.820

Susanna Barkataki (she/her): That was really stressful. And it and I believe that and some other things contributed to that in the end, them letting me go. I was doing a practice that was uh the I believe it's the five remembrances, but like the one that says um. It's a Buddhist practice.

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01:01:12.090 --> 01:01:13.319

Susanna Barkataki (she/her): Hmm.

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01:01:13.480 --> 01:01:17.949

Susanna Barkataki (she/her): If I have her myself, I forgive myself If I have harmed you,

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01:01:18.260 --> 01:01:20.349

Susanna Barkataki (she/her): I ask forgiveness,

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01:01:20.440 --> 01:01:21.919

Susanna Barkataki (she/her): and

427

01:01:23.070 --> 01:01:33.140

Susanna Barkataki (she/her): if I, if you have done any actions, the body, speech in mind, that have harm me. I forgive you. My actions are my true possessions. They are the ground on which I stand

428

01:01:33.870 --> 01:01:50.059

Susanna Barkataki (she/her): and cause I I kind of knew what was coming. It It was definitely a hostile environment, and so I just continued to be in the practice to be in the practice as much as I could, who was very stressful. And I

429

01:01:50.100 --> 01:02:07.130

Susanna Barkataki (she/her): didn't have all the tools and skills at the time that I was there, and so I didn't actually have an exit plan. Um! I should have. You know. It probably would have been a year out like, save up some money and then um, and then transition. But they they did it first, Right? So um

430

01:02:07.180 --> 01:02:09.329

Susanna Barkataki (she/her): So one creating that

431

01:02:09.420 --> 01:02:11.779

Susanna Barkataki (she/her): exit plan for yourself.

432

01:02:12.410 --> 01:02:20.779

Susanna Barkataki (she/her): Um, just even if you never use it. Just so it's there, and you kind of have the the path, and then to

433

01:02:20.990 --> 01:02:29.399

Susanna Barkataki (she/her): like using the tools for putting yourself first. What's hard about these environments is they literally have, like, structured in

434

01:02:29.560 --> 01:02:44.109

Susanna Barkataki (she/her): the opposite of all of all of the ethics, right and all of the self, care and self awareness. And so it's not wrong to be like. Am I hungry? Am I tired? Like? In schools We barely have time to pee like. Imagine you to serve

435

01:02:44.330 --> 01:02:53.400

Susanna Barkataki (she/her): three hundred students all day long, and you can't even go to the bathroom or have time to eat. You know it's, and some of some of you all do other work like that. You know it's

436

01:02:53.470 --> 01:02:56.320

Susanna Barkataki (she/her): it's untenable and so

437

01:02:56.760 --> 01:03:11.510

Susanna Barkataki (she/her): it's not unhealth. It's healthy to be like this situation is unhealthy, and to care for yourself first, it's not selfish. So really I I practice like that. And other folks, I think, are dropping step in there.

438

01:03:11.870 --> 01:03:20.649

Susanna Barkataki (she/her): Chat: Yes. White supremacy Culture: Yeah. Support team outside of work if you have it inside of work. If there's Hr:

439

01:03:21.380 --> 01:03:24.019

Susanna Barkataki (she/her): Oh, nice Um,

440

01:03:24.060 --> 01:03:25.729

Susanna Barkataki (she/her): Okay, Kenny,

441

01:03:27.940 --> 01:03:29.620

I'd love to hear from you.

442

01:03:33.010 --> 01:03:34.479

Susanna Barkataki (she/her): Are you still there?

443

01:03:35.880 --> 01:03:37.580

Susanna Barkataki (she/her): See if you are.

444

01:03:40.410 --> 01:03:49.329

Susanna Barkataki (she/her): Did you have to go? Oh, maybe you had to go. Okay? Well, you can submit a question or um come into the next

445

01:03:49.650 --> 01:03:50.899

Susanna Barkataki (she/her): um

446

01:03:50.970 --> 01:03:52.939

Susanna Barkataki (she/her): the next office hours.

447

01:03:55.540 --> 01:03:56.740

Susanna Barkataki (she/her): Yes,

448

01:03:57.070 --> 01:03:59.879

Susanna Barkataki (she/her): other folks need to hear that.

449

01:04:00.160 --> 01:04:04.879

Susanna Barkataki (she/her): Thank you so much. Everyone Is there anything else before we close?

450

01:04:15.130 --> 01:04:17.769

Susanna Barkataki (she/her): Yeah, our needs are not neutral.

451

01:04:19.240 --> 01:04:22.589

Susanna Barkataki (she/her): No, especially not in systems that

452

01:04:23.990 --> 01:04:26.930

Susanna Barkataki (she/her): value some of us more than others,

453

01:04:27.810 --> 01:04:31.359

Susanna Barkataki (she/her): and particularly for folks who are,

454

01:04:31.940 --> 01:04:32.930

Susanna Barkataki (she/her): you know,

455

01:04:33.820 --> 01:04:42.780

Susanna Barkataki (she/her): actively undermined in our valuing. It is, it is spiritual practice and self preservation to put your needs

456

01:04:42.790 --> 01:05:00.450

Susanna Barkataki (she/her): first. Sometimes it's hard, right. And again, like I will name that I put my needs first in that I This my situation is I'd also just had a baby, and so I chose to put my baby's needs first, and like nurse, you know, and pump and things like that, all things which should be protected. But um.

457

01:05:00.490 --> 01:05:03.069

Susanna Barkataki (she/her): But in these, these toxic

458

01:05:03.210 --> 01:05:13.650

Susanna Barkataki (she/her): structures, sometimes doing a natural thing like they're seeing or pumping, or putting ones like drinking water. Taking a break

459

01:05:14.010 --> 01:05:22.599

Susanna Barkataki (she/her): can be perceived as a threat, and so naming that that's why the exit strategy. Because um, sometimes, when we're

460

01:05:25.170 --> 01:05:29.930

Susanna Barkataki (she/her): putting our needs first, the system can't take it, and so it'll it'll

461

01:05:29.940 --> 01:05:48.649

Susanna Barkataki (she/her): in my case, for the kicked me out, and it was. It was not a smooth path. It was a really challenging time in my life. It's one that I grew a lot from this intensity of contrast to one of my friends. So till she talks about like, uh like, sometimes you need that fire to create the change.

462

01:05:49.850 --> 01:06:08.529

Susanna Barkataki (she/her): It was what allowed me to move into doing this full time. Because um, because I had no other choice, you know, and maybe I never would have made that leap. And so it's also looking back and like, Okay, i'm grateful as hard as that was. Um, but still hard. I still think about sending them a book.

463

01:06:08.540 --> 01:06:18.370

Susanna Barkataki (she/her): I said this with my kid. I just a little aside from where we close, I sometimes still think about sending them a book and be like thanks from helping me become a best selling off.

464

01:06:18.550 --> 01:06:38.240

Susanna Barkataki (she/her): But because there's still that little like f you under there, I don't do it um when I can send it, and just really be in like love. This This is just me. I'm not saying anyone else has to do it that way. Um, because my kid kiddo, when I told them about this, he was like, Yeah,

465

01:06:38.250 --> 01:06:40.659

Susanna Barkataki (she/her): screw them like you should do that.

466

01:06:40.930 --> 01:06:56.999

Susanna Barkataki (she/her): It's like, Oh, that's validating, because you know these systems. They're harmful. But what I don't want to have happen for me personally is that it takes away my my ability to see their humanity as well. And and so for me,

467

01:06:57.030 --> 01:07:12.309

Susanna Barkataki (she/her): or for me to be in reactivity for myself. It's like preserving my own piece. And so I've had to do. I'm still processing Now it's what. Eight years later, or something I can't twenty, fifteen, more than eight. No, you know. Um.

468

01:07:12.870 --> 01:07:14.910

Susanna Barkataki (she/her): I'm still processing.

469

01:07:15.040 --> 01:07:24.109

Susanna Barkataki (she/her): The toxicity of that took me about a year to really decompress and um, and i'm still kind of unpacking those things. And so I

470

01:07:25.330 --> 01:07:35.899

Susanna Barkataki (she/her): I bring that up to say that it's a journey, and while you're in it to be really really gentle with yourself and um, I hope that's helpful. Anything else

471

01:07:37.070 --> 01:07:41.539

Susanna Barkataki (she/her): uh hung on this in the chat or out loud.

472

01:07:43.540 --> 01:07:44.549

Susanna Barkataki (she/her): Yeah,

473

01:07:49.350 --> 01:07:54.400

Susanna Barkataki (she/her): yeah, I'm still processing. You left. Jessica left public school almost twenty years ago.

474

01:07:54.770 --> 01:07:56.129

Susanna Barkataki (she/her): Yes,

475

01:07:56.300 --> 01:08:01.490

Susanna Barkataki (she/her): and so for those of us in those dynamics. Right? Okay, I totally understand.

476

01:08:01.910 --> 01:08:03.049

Susanna Barkataki (she/her): Uh,

477

01:08:03.190 --> 01:08:09.839

Susanna Barkataki (she/her): preserve your piece as much as possible, protect and preserve it, nourish it, sustain it.

478

01:08:09.850 --> 01:08:24.819

Susanna Barkataki (she/her): If you have allies inside there, you know. Connect with them as much as you can. If you don't connect with the supporters outside the support team and like, know that you're not wrong. There's those are the biggest things. Um. And and it

479

01:08:25.380 --> 01:08:27.399
Susanna Barkataki (she/her): yeah, the structures.

480
01:08:27.880 --> 01:08:37.010
Susanna Barkataki (she/her): Thank you so much. Everyone um so appreciate each of you, and i'll see you in a couple of weeks for the pilgrimage in pujet, and oh,

481
01:08:37.840 --> 01:08:39.219
Susanna Barkataki (she/her): I didn't

482
01:08:40.630 --> 01:09:10.190
Susanna Barkataki (she/her): announced, and I meant to. It's partly because I think I've been a new place. Our we only had, I think, one one person share. Andre, Do you remember what I can? You drop in the chat for me. Um, I we are for sharing. So if you want. See, this is part of getting the word out right marketing, but in a way that's with heart. If it feels aligned, please don't do it if it doesn't feel aligned. Um, I think only a couple of people shared this month, so It's going to be really easy

483
01:09:10.200 --> 01:09:18.979
Susanna Barkataki (she/her): to win coaching uh, or uh, or something from the Yoga change Maker store. So um.

484
01:09:19.899 --> 01:09:21.559
Susanna Barkataki (she/her): So

485
01:09:21.580 --> 01:09:26.950
Susanna Barkataki (she/her): if you want to share, please do. If you don't please. You know Don't. Um. It's checking

486
01:09:27.279 --> 01:09:29.730
Susanna Barkataki (she/her): two. One, I believe.

487
01:09:30.069 --> 01:09:32.470
Susanna Barkataki (she/her): Do you have it onria, or should I?

488
01:09:32.779 --> 01:09:46.749
Andrea Ramos: Yeah, I got it here. Um, Jessica gundell for coaching. Yes, Jessica, for coaching, which is perfect given what you just said,

489
01:09:47.229 --> 01:09:49.050
Andrea Ramos: and then

490

01:09:49.350 --> 01:09:52.710

Andrea Ramos: um moon for the merch.

491

01:09:57.980 --> 01:10:04.890

Susanna Barkataki (she/her): Um, Yeah. So it's kind of an ongoing process. There's no deadline, really. Um

492

01:10:05.230 --> 01:10:12.160

Susanna Barkataki (she/her): yes, um, Cahill, if you if you don't tag me, I don't know that you did it. But

493

01:10:12.270 --> 01:10:31.670

Susanna Barkataki (she/her): actually, since you're dropping it in the form Um, thank you for dropping the form the monthly giveaways. Um, yeah, if you don't have to tag me some of this stuff is like emails, and they're not tagging me, right? So um. So just drop it in the form. And then basically before the before each

494

01:10:31.780 --> 01:10:32.900

Susanna Barkataki (she/her): the

495

01:10:33.540 --> 01:10:43.439

Susanna Barkataki (she/her): office hours and the pilgrimage and puja. We um we pull folks to to win uh, we'll probably do this for

496

01:10:43.600 --> 01:10:49.449

Susanna Barkataki (she/her): maybe till the end of the year, and then we're gonna just chill on it, because you know um.

497

01:10:50.200 --> 01:10:54.940

Susanna Barkataki (she/her): And yes, so, Cahill, if you could, and you got that, you can.

498

01:10:55.210 --> 01:10:58.369

Susanna Barkataki (she/her): You can do that awesome. Um. So yay

499

01:10:58.770 --> 01:11:09.469

Susanna Barkataki (she/her): congratulations, Moon congratulations, Jessica. Um. Anyone who wants to share, you know authentically right about what you're learning. If there's any takeaways. If there's things you're appreciating

500

01:11:09.560 --> 01:11:22.079

Susanna Barkataki (she/her): um, or what you're doing, and how this is helping or supporting um. You can look at Jessica as an example, because really really cool, it's like Jessica going into leadership, coaching and um,

501

01:11:22.090 --> 01:11:41.769

Susanna Barkataki (she/her): and reference some of the learning from here. So it's also a way like all we share it's a way to help uplift one another. And so next time when we meet i'll make a note for myself. We'll do more cross, resourcing and like sharing each other's stuff because we didn't get to that, and we'll talk a little bit about um about how we

502

01:11:41.780 --> 01:11:46.189

Susanna Barkataki (she/her): price stuff. All right, Y'all we're gonna close,

503

01:11:46.230 --> 01:11:49.980

Susanna Barkataki (she/her): taking a moment once again, just to look around you,

504

01:11:51.160 --> 01:11:53.870

Susanna Barkataki (she/her): pulling in gratitude

505

01:11:53.940 --> 01:11:55.440

Susanna Barkataki (she/her): for yourself

506

01:11:56.580 --> 01:11:57.969

Susanna Barkataki (she/her): for yoga,

507

01:11:59.410 --> 01:12:02.389

Susanna Barkataki (she/her): deep breath in and exhale.

508

01:12:09.550 --> 01:12:18.000

Michelle Steffen (she/her): Thank you.