



# IGNITE INSTITUTE

FOR YOGIC LEADERSHIP & SOCIAL CHANGE

00:05:35 Jessica Quindel (she/her): tired, depleted  
00:05:38 Susanna Barkataki (she/her): 2 words energy now...  
00:05:40 Becca Borden (she/her): curious still  
00:05:41 Alli Nelson: waking up and grateful  
00:05:42 Jillian (she/her): Content, bright  
00:05:46 Elizabeth Hill: Calm  
00:05:46 Christine: grateful, relaxed  
00:05:46 Emily Dorey: tired and grateful!  
00:05:49 Dominique L: Thankful and content  
00:05:49 Justine : Low and headachy  
00:05:52 Vivianne Cardenas: grateful, confused  
00:05:53 Christina Hsu: angry and energetically activated  
00:05:53 Judy Litt: Focused busy  
00:05:54 Justine E | she/her: Grateful!  
00:05:54 Lisa Smith she/her: calm and tired  
00:05:54 christineantonik: exhausted & grateful  
00:05:55 Michael Gillis he/him: Sleepy but content  
00:06:02 Stella Raab (she/hers): Inspired and invigorated  
00:06:05 Lauren : Grounded, loving  
00:06:08 Kahli A [they/them]: Scattered and nervous but here  
00:06:21 Janelle Fortier: excited, grounded  
00:06:24 Alishiya Pearce: Content and anticipating.  
00:06:36 Leaf Silver: overstimulated and calm  
00:18:59 Lauren : That was amazing. A beautiful experience. Thank you  
00:19:01 Justine F. (she/her): I just became aware of the tension in my body. Just  
breathed into it.  
00:19:08 Jessica Quindel (she/her): Yes!! I moved outside and felt the sun on my face  
as you guided us. So nourishing.  
00:19:11 Becca Borden (she/her): i noticed less focus on myself and awareness of  
connection  
00:19:14 Lauren : I feel so much more whole  
00:19:21 Tyra (teer-a) H: more gentleness entered

00:19:24 Jillian (she/her): The space around me feels clearer

00:19:32 Leaf (they/them): I felt a sense of being really big, like as giant as a big tree.

00:19:53 Elizabeth Hill: So beautiful... could feel the vibrational quality of the energy in me

00:19:54 Betty-Ann: I couldn't decide my 2 feelings at the start, I feel calm now though.  
Thank you

00:20:08 Christie: Being outside in nature replenishes my energy!


00:20:14 Emily Dorey (she/her): engaging in meditation practice makes me realize how much time I spend either holding my breath or feeling tense - and the importance of checking in with that and letting it go

00:20:23 Alishiya Pearce: Quieter mind, more open to really listening.

00:20:37 Stella Raab (she/hers): my partner's adorable cats were truly testing my patience as I tried to listen to you, so I loved thinking about my energy being connected to all, then shifting those tense feelings remembering my connection

00:20:41 Betty-Ann: I love that you ask for consent from the tree




00:20:46 Cathy B. (she/her): Towards the end of the meditation, I experienced being grateful for this whole group.

00:21:39 @radiancewithrads: 

00:25:37 Selam Debs: absolutely. I can relate to this feeling growing up

00:28:14 Jessica Quindel (she/her): Love this question and the response. Thanks for asking Jamie!

00:29:29 Justine F. (she/her): Vipassana

00:30:32 Jamie (she/her) @tharavadayoga:    Thank you!

00:31:55 Christina Hsu: going through this right now too!

00:33:07 Kahli A [they/them]: This one is tough for me!

00:33:33 Kimberly Charles: I love Byron Katie and her philosophy about what concerns you most about someone else is usually an issue you have yourself

00:33:45 Kimberly Charles: Transference

00:33:49 Leaf (they/them): This question reminds me a lot of relationship anarchy: having different purposes for different relationships and not having to rely on one person for everything

00:34:00 Lisa Melendy: @Kimberly, absolutely! That's a really good reflection for me

00:34:18 Lisa Melendy: @ Leaf - yes!

00:34:24 Jessica Quindel (she/her): Yes Leaf!! Love that.

00:34:24 Christina Hsu: also, understanding my own codependent tendencies

00:36:25 Emily Dorey (she/her): big therapy fan <3

00:36:46 Justine F. (she/her): Isn't that what community is all about? Isn't our culture designed to cut people off from others and isolate people? There are different cultures that rely on community. Various cultures have many different mindsets about the individual and community. Just wondering about this...

00:36:55 Andrea Ramos: I particularly think of letting go of outcomes and expectations in relationships. In the past I would go through worst scenario and remind myself even the worst scenario can be overcome and things are going to change & that's ok. The more I thought about it the more I was ok with it happening. Not sure it was the best way, but I feel it

helped me move forward from that anxious attachment thinking. Definitely a practice and easier said than done.

00:36:59 Susanna Barkataki (she/her):

<https://docs.google.com/document/d/1dZU7ExRuHWILWgrEV84NiJO5lhC4rYihTGBpC3rn1C0/e/dit?usp=sharing>

00:41:28 Lisa Melendy: @Andrea, yes I love that! And relationships can shift so often that it's helpful to keep present when you release expectations consistently like that

00:41:53 Jamie (she/her) @tharavadayoga: In Malayalam, we usually end with "a" or "am," in everyday speech, and I've heard it that way in yoga practice as well. Not sure how far back it goes, though.

00:42:21 Kahli A [they/them]: I have a question that builds off of the usage of Sanskrit!

00:45:19 Andrea Ramos: Yes @Lisa! Happy that resonates. Definitely a practice to keep coming back to as relationships with others and ourselves keeps evolving. Makes me excited to chat Aparigraha next month!

00:45:57 Andrea Ramos: DJ Tax Rashid that Susanna interviewed for the yoga festival has great instrumental music for teaching. He also sends out free downloads in his email list 😊

00:46:03 Andrea Ramos: Taz Rashid \*\*

00:46:15 Emily Dorey (she/her): In terms of using Sanskrit in a class, one thing that I do when I teach (which I learned through my YTT with you Susanna!) is I cue using both the Sanskrit and English terms one after the other. If I know that there are folks in the class who are very new to yoga, I'll usually share the English term first and then the Sanskrit, so that they know where we are going in the flow and also get to hear the traditional language. I really appreciated learning this and I think it's such a simple way to integrate the roots of the practice into the class

00:46:20 Justine F. (she/her): Thanks for the info, Andrea 😊

00:46:31 Michael Gillis he/him: I will often cue postures in English first, and then loop the Sanskrit in. My YTT had lots of Sanskrit included.

00:46:52 Jamie (she/her) @tharavadayoga: I like to use South Asian instrumental music when sharing practice. I often use carnatic or hindustani drumming, violin, or flute.

00:47:06 Vivianne Cardenas: Yes, using both.

00:47:08 Jamie (she/her) @tharavadayoga: I love to use them for my own meditations and for focused work, to

00:47:19 Melissa: Our local studio asks teaches to say the Sanskrit name first, then English, to help students learn the names.

00:47:34 Melissa: teachers\*

00:48:55 Betty-Ann: In my classes I use Sanskrit with the English translation, not for every pose but at least a few, and I then share in my additional materials e.g. If I use mantra I give the Sanskrit and English translations written

00:48:58 Jessie Ballard: I don't use music in classes- I thought that was more in alignment with traditional practices ??

00:49:21 Christina Hsu (she/they): are ragas devotional to specific gods?

00:49:23 Susanna Barkataki (she/her):

<https://open.spotify.com/playlist/3HUGYUdOKRr2j3dyulKbQp?si=31ce69bea4f641f6>

00:56:09 Justine F. (she/her): Recently, I joined a group where the group facilitator mentioned that naming the land as indigenous is actually a colonial practice - owning land - vs. we are part of the land and the land was inhabited by other people prior to the indigenous tribes for thousands of years. I felt that it was a form of whitewashing, completely missing the point, and felt like she wasn't acknowledging or honoring indigenous people. I mentioned that I will continue to practice the naming of indigenous people's lands.

00:57:04 Selam Debs: As a Black yoga studio owner and teacher, I've dealt with so much harm and violence from the white folks in my community and the wider white wellness and yoga community. I hosted a yoga session for Black students, faculty and staff at a University and experiences hundreds of hateful racist messages from right-wing folks. Some days I become disheartened.

00:58:17 Betty-Ann: It's really reassuring to hear that the response to you challenging cultural appropriation is defensive but that in time it can turn around, as I'm finding a lot of people I come into contact with still don't seem to understand what cultural appropriation is, and are defensive - and I have had "no one else is saying this in the whole organisation or students" so not just defensive, but turning it back as though I'm wrong for thinking it

00:58:18 Justine F. (she/her): This also happened with a YouTube influencer - unfortunately, the YouTube influencer stated she was going to delete posts that were challenging her and her appropriation.

00:58:53 Jamie (she/her) @tharavadayoga: @Selam Debs that is so upsetting and I'm sorry that happened to you. I know it happens more often than we know. So glad you're still sharing practice.

00:59:07 Christina Hsu (she/they): @Salem so much compassion for having to deal with hate. such important work you are doing for the black community

01:01:38 Selam Debs: Thank you Susanna, I'm always grateful for the spaces you create for community 😊 My IG is @selamdebs

01:04:22 Justine E | she/her: One thing I learned from Susanna's YTT was that this does not have an easy "do this, do that" answer. It takes a lot of reflection and yes read her book, it does a really good job of breaking it down in a way that allows that self-reflection!

01:04:24 Susanna Barkataki (she/her):

<https://www.yogajournal.com/yoga-101/honor-the-roots-of-yoga-2/>

01:04:32 Betty-Ann: Susanna's book is amazing

01:06:23 Betty-Ann: Susanna your article started my journey of examining my personal practice and teaching

01:06:45 Andrea Ramos:

<https://www.susannabarkataki.com/post/how-to-decolonize-your-yoga-practice>

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01:07:54 Robin: Thank you for the articles and playlist

01:07:58 Justine E | she/her: Thank you!

01:07:59 Justine F. (she/her): Thank you!

01:08:00 Selam Debs: Thank you!

01:08:04 Christie: Thank you!

01:08:05 Emily Dorey (she/her): Thank you!!