



00:31:22 Mechi (Meh-chee) - They / them: Anxious

00:31:23 Carly Joelle: Busy-body energy

00:31:25 Gauree Patel: heavy

00:31:26 Kiara: Tired

00:31:31 Kahli A [they/them]: Depleted and reviving

00:31:32 Ada Otter (she/her): Work ruminating

00:31:35 Justine : Drained from work

00:31:41 Emily Dorey (she/her): reflective and hopeful

00:31:42 Lauren Cook: fidgety and pleased

00:31:43 Leaf (they/them): sensitive and sluggish

00:31:43 Jamie (she/her) @tharavadayoga: scattered, overloaded

00:31:50 Gauree Patel: hurt

00:31:57 Andrea Ramos: Scattered, inspired

00:31:58 Sammi Dittloff (she/her): feeling crunch time end of semester

00:32:05 Christie: grateful and hopeful

00:32:06 Jessica Quindel (she/her): low energy

00:32:27 Justine E | she/her: low energy and depleted

00:33:23 Mechi (Meh-chee) - They / them: Also hoping your arm is feeling better Susanna!

00:33:48 Stella Raab (she/hers): Overstimulated/overwhelmed

00:33:52 Autumn: Currently my energy is exhausted and stressed.

00:40:55 Gauree Patel: resonating with feeling anger and frustration and being able to speak it and express it.

00:41:14 Leaf (they/them): Slowing down for winter and the changing on the seasons really resonates

00:42:47 Justine : I resonate with the slowing down piece, however feeling frustrated that my work culture doesn't know how to honor the seasons and the seasons of the body.

00:43:11 Justine E | she/her: Yes! I've been trying to find time to spend time reading instead of scrolling on my phone. Sometimes that might mean I'm only reading a few pages at a time but I started back in August and I read 4 books I wouldn't have read otherwise!

Love the connection between Aparigraha and Bramacharya Jessica!

00:44:37 Emily Dorey (she/her): I love that Justine!

00:44:53 Justine E | she/her: OoOoo so we need your book list recommendations Susanna!
hah

00:45:04 Gauree Patel: ^^ yes please

00:45:38 Jamie (she/her) @tharavadayoga: whaaat?! Can we get some info on the Desi romance novels? 🍷

00:46:11 Alishiya Pearce: I'm shifting my attitude from being reluctant to speak up because I don't want to be/feel antagonistic, but knowing that if I'm speaking up against injustice, the problem is not me being antagonistic. Thanks Justine!

00:46:49 Justine E | she/her: Also, only if you feel you have capacity for it of course!

00:46:55 Andrea Ramos: I love a cheesy romance novel!

00:47:07 Emily Dorey (she/her): no shame in a cheesy romance novel haha

00:47:14 Jamie (she/her) @tharavadayoga: 😊 I'm unabashedly excited about these novels. Honestly, so subversive!

00:47:19 Carly Joelle: Purple Lotus by Veena Rao was a good novel read!

00:47:39 Andrea Ramos: Or cheesy rom com. I eat them up haha.

00:47:43 Justine : I resonate with what you said, Alishiya.

00:48:43 Jessica Quindel (she/her): me, too Justine and Alishiya. I have been hearing that a lot from family members lately.

00:49:01 Ada Otter (she/her): This is exactly what is going on at work right now! Timely.

00:49:06 Jessica Quindel (she/her): (who are saying/doing harmful things)

01:09:07 Justine : Will the recording be available for this weekend? I fell asleep. 😊

01:10:43 Andrea Ramos: Maximum relaxation! Hope you got some rest 😊 its usually up within 24-48 hours, but not sure with the holidays this week.

01:13:23 Jessica Quindel (she/her): I also fell asleep and agree my body needed it!

01:13:26 Justine : Absolutely! My cats kept me up - they're sleeping now too!

01:14:00 Justine : One was snoring during the visualization (not me) ;)

01:14:02 Emily Dorey (she/her): I'm so sorry but I have to head out early! Thank you for creating this beautiful online space Susanna - I really appreciated the opportunity to focus more intently on brahmacharya this month!

01:14:46 Justine : I love naps!

01:16:02 Susanna Barkataki (she/her): Qualities, nourish, visualization..

01:16:08 Susan Shloss (she/her): Qualities: peace, self-acceptance

01:16:52 Andrea Ramos: I saw myself laying down on grass with the sun hitting my skin and then dancing barefeet in the grass and looking around at trees. Felt peaceful and at ease. Nature is definitely my happy place 😊

01:17:34 Justine : Nature is my refuge too, Andrea! Do you have a favorite place?

01:17:49 Andrea Ramos: What a lovely meditation Christie!

01:18:34 Jamie (she/her) @tharavadayoga: I was so surprised to see that my practice space/practice was doing aerial silks! I've been curious about learning aerial silks for years, but I thought it was a mild interest, but now the interest feels so much stronger. I'm very Vata, so it might be kinda imbalancing for me, but the flow seems soooooo yummy (from an outside point of view. I've never tried it). In my visualization, it felt like an opportunity to practice flow; find the right stream, and moving in alignment and with intention. It also made me think about that space between ease and effort—the joy and pleasure in that in-between.

01:18:39 Carly Joelle: Qualities that came up for me: patience, dedication, determination, perseverance

01:19:23 Andrea Ramos: I live in Salt Lake City, Justine, so I loveee the Wasatch range in our back yard 🌄 there are views of it from most of our parks and our house. No one place in particular. It makes me feel so grounded. How about you?

01:20:13 Jessica Quindel (she/her): Same about nature being your happy place Andrea. Love that visualization. Jamie, love that visualization about aerial skills. Sounds like a clear message.

01:20:36 Justine : Walden Pond is my go to place - and wooded trails in Stow, MA. Trees give me energy 😊

01:20:45 Andrea Ramos: Jamie I'm excited to hear about your future aerial silk journey! How cool!

01:20:45 Jamie (she/her) @tharavadayoga: Thank you, Jessica 💜

01:21:17 Jamie (she/her) @tharavadayoga: Thank you, Andrea! 💜 😊 I'm gonna have to find somewhere to learn.

01:21:46 Jessica Quindel (she/her): I am now craving kitcheri, Gauree. I love that food came up for you!!

01:22:21 Justine : At the end of the week, I decompress on a trail (in all forms of weather).

01:22:52 Jamie (she/her) @tharavadayoga: Justine, I hope to visit Walden Pond someday. Thoreau's book (Walden) was so formative for me since my teenage years.

01:22:53 Christie: @andrea, beautiful meditation! We are nature soul sisters!

01:23:29 Justine : @Jamie, I hope you can visit too!

01:23:40 Christie: @Jamie, aerial silks - very cool!

01:24:19 Christie: I love kitchari!

01:24:51 Christie: @justine, trees give me energy too!

01:26:03 Justine E | she/her: I love all these nature connections. For me, it's the ocean. I live in Rhode Island so the ocean is often a shorter drive away. The salty smell, the sheer vastness, there is always something so humbling and soothing about being in that space.

01:26:31 Andrea Ramos: @Leaf, I love your daily bird feeder practice. That seems so grounding and fulfilling. Listening to the birds on my hammock was my go to resource this summer. "Mutually nourishing" <3 love htat

01:27:19 Leaf (they/them): 😊)

01:27:41 Justine : @Leaf - I was going to add birdseed out as the winter arrives. Do you have a favorite birdseed that you like to use?

01:28:05 Jamie (she/her) @tharavadayoga: Thank you so much for that reflection, @Susanna 💜💜

01:28:16 Susanna Barkataki (she/her): Gauree now I'm inspired to make a big pot of kitchary

01:28:19 Leaf (they/them): I've been just using the all purpose bird feed in the biggest bag from ace hardware

01:28:33 Justine : Thanks!

01:29:03 Susanna Barkataki (she/her): Prentis Hemphill

01:29:24 Susan Shloss (she/her): I love Prentis!

01:30:15 Justine : Ha! The best advice I received a long time ago: "Don't 'should' on yourself!"

01:31:40 Justine : Which Link are you referencing? 😊

01:32:08 Susan Shloss (she/her): I shared you Instagram in my newsletter a couple of times. So much great content.

01:32:12 Justine E | she/her: <https://yogaclasscurator.com/ycc-monthly-giveaways/>

01:32:13 Andrea Ramos: <https://yogaclasscurator.com/ycc-monthly-giveaways/>

01:33:23 Christie: Thank you, Everyone!

01:33:39 Justine : Thank you and good night. Sweet Dreams! 😊

01:33:39 Autumn: Thank you!

01:33:40 Shana Bloomstein: Thank you so much!!

01:33:42 Avery Lavoie: Thank you thank you!

01:33:42 Jamie (she/her) @tharavadayoga: Thank you!

01:33:49 Patti (she/her): thank you