



IGNITE INSTITUTE

FOR YOGIC LEADERSHIP & SOCIAL CHANGE

- 00:10:56 Cleo - Turtle Island: Congrats on continued healing and cast removal!
- 00:25:24 Jessica Quindel (she/her): I love the silence and the reminder that being in silence is a form of aparigraha-such a lovely perspective, especially for someone like me who tends to talk a lot LOL!!
- 00:25:24 Betty-Ann: thank you for the practice.
- 00:25:30 Jessie Ballard:Feeling calm and easeful
- 00:25:44 Leaf Silver: I've been sick this past week, and I'm starting to feel better, but I noticed during the meditation that my breath is very shallow and a bit blocked. Nice to take this opportunity to check in with my breath
- 00:26:15 Gauree Patel: was a glimpse of peace for me
- 00:26:17 Jamie (she/her) @tharavadayoga: It was interesting for me to discover in our meditation how much physical pain I've been carrying. My brain must have dulled it for me, but searching for the sensation of ease really highlighted the opposite for me.
- 00:26:24 Elizabeth Hill: Love how aparigrapha of letting go is also tying into the Northern Hemispheres turn toward to Dark and the winter solstice
- 00:26:36 Michael Gillis he/him: Feeling tired but peaceful. The winter weather has me wanting to hunker down and rest lots.
- 00:27:31 Susan Shloss (she/her): I've been feeling drawn to rest silence in intermittently throughout my day and I love that it is part of this aparigraha practice.
- 00:27:31 Jessica Quindel (she/her): Love that connection to dark/winter solstice and aparigraha @Elizabeth.
- 00:28:40 Betty-Ann: My son has been poorly this week and we've missed a lot of events with family and friends, I've been unable to do my volunteering or work, and usually this would upset and frustrate me, but I've been enjoying practicing accepting this, and in the practice today I initially felt my mind wandering to what I should be doing but swiftly with ease enjoyed the practice
- 00:31:47 Ella Mesma: I love Dianne Bond! :-)
- 00:31:57 Ella Mesma: Bondi*
- 00:32:10 Mechi (Meh-chee) - They / them: Is there a place to access the resource list?
- 00:32:26 Erin Lingo: I had a student with knee issues automatically adapt it in the way you described
- 00:32:28 Mechi (Meh-chee) - They / them: Perfect thank you so much!!
- 00:35:52 Stella Raab (she/they): Yes - thank you for sharing your practices Susan :)
- 00:36:35 Betty-Ann: Thank you for sharing, it was brave and beautiful
- 00:37:56 Stella Raab (she/they): mmm - yes <3

00:38:29 Justine F. (she/her): I'd like to address the part of letting go and the act of forgiveness. I can address it from an individual perspective. I'm wondering how it can be practiced as a tool as a collective? For example, I have been able to let go of anger for past abuse. However, I notice that there are some things I hold on to and my mind tends to ruminate about it and I continue on moving forward, the anger shifts and dissipates... the charge isn't there. I also understand healthy anger - the energy that helps take action and another type of anger that can burn and harms the self. I also have worked on forgiving myself for how I could not be there for my self. I wonder how we look at forgiveness as a collective. I feel that acknowledgment and reparation from the broader community may help. I wonder, what do activists need to "let go of" in order to help themselves and people? (Please excuse how things are worded - I've been working with young students and back-to-back meetings - and my brain is past being eloquent today. Cheers!

00:38:49 June Lucarotti (she/her): So beautiful, Justine. Thank you. I am loving this conversation of our relationships to the deities.

00:40:27 Kahli they/them: Woah!

00:40:29 Kahli they/them: Mind blown

00:40:29 Justine F. (she/her): Yes! I've been there too!

00:42:11 Justine F. (she/her): Yes - especially in the education system. It's been deliberately set up to support a limited population... and we're still in it.

00:42:52 Kahli they/them: Going to review what you said at 12:30 in the recording your wording was helpful

00:43:30 Susanna Barkataki (she/her):

https://docs.google.com/document/d/1H2Hlu-M_69dtDqO-WO47194bmuIMPYPYfRZVYUnGjbQ/edit?usp=sharing

00:43:47 Justine F. (she/her): What's the question?

00:44:33 Andrea Ramos: Question was recommendations for kids yoga Justine 😊

00:44:39 Michael Gillis he/him: Kids' yoga resources that honor the tradition

00:44:41 Justine F. (she/her): Thank you, Andrea!

00:45:13 Varenka: Baba Hari Dass has a great book for Children's Yoga Child;s Garden of Yoga

00:45:46 Justine F. (she/her): @Varenka - can you add that to the resource list?

00:45:56 Betty-Ann: Yoga nidra lullaby, rina deshpande (book)

00:46:38 Ella Mesma: Its not for children but I just want to put Nadia Gilani's Yoga Manifesto here too :-)

00:46:44 Justine F. (she/her): Is it a free resource for schools?

00:46:54 Justine F. (she/her): Thank you!

00:47:10 June Lucarotti (she/her): Thank you all! So exciting!

00:47:35 Varenka: Breathe Like a Bear by Kira Willey is great for classes qith kids and pranayama

00:47:49 Andrea Ramos: I'm dropping the list for Reparations Organizations as well for anyone that wants to have it handy before we add it to the resource list:

https://docs.google.com/document/d/1H2Hlu-M_69dtDqO-WO47194bmuIMPYPYfRZVYUnGjbQ/edit

00:49:35 June Lucarotti (she/her): Thank you!!

00:49:38 Justine F. (she/her): There's an incredible organization based in Boston for Indigenous cultures: <https://www.culturalsurvival.org/>

00:50:06 Justine F. (she/her): They work with indigenous cultures around the world.

00:50:15 Justine F. (she/her): And in the U.S.

00:51:02 Kahli Alspaugh they/them: I was specifically drawn to how the intention of reparations can be harmful if done incorrectly and want to review that. Thank you!

00:52:30 Stella Raab (she/they): So what would "performative" look like then?

00:53:01 Mechi (Meh-chee) - They / them: Performative is also externalizing focus like reparations without doing tghе constant lifelong work of dismantling anti Blackness we all carry

00:53:38 Stella Raab (she/they): Because I totally resonate with the idea that we're not here to save anyone - we're all amazing/powerful just as we are.... but sometimes its hard to understand where to start without being harmful when you're not from that particular culture

00:54:15 Andrea Ramos: Performative could look like including pictures of diverse folks while not actually being a diverse company or acknowledging the land without making any continued effort to be in relation or support to indigenous folks

00:54:15 Stella Raab (she/they): Mechi - yes <3

00:54:26 Jamie (she/her) @tharavadayoga: Voluntary Native land tax can be a way to make reparations. Here's a helpful link for that:
<https://nativegov.org/news/voluntary-land-taxes/>

00:55:23 Stella Raab (she/they): Mmm gotcha Andrea - that helps me understand it way easier

00:56:21 Andrea Ramos: Oh good Stella, I'm glad that helped!

00:57:12 Justine F. (she/her): It's like hiring a PR person to make the company or industry look good - but there isn't any deep work happening - it's still doing business as usual.

00:58:28 Jamie (she/her) @tharavadayoga: Performative can also look like hiring diverse folks, but not having diverse management/upper management

00:58:45 Justine F. (she/her): @Jamie - yes, that!

01:01:33 Stella Raab (she/they): Like what types of experiences might you recommend then?

01:02:50 Justine F. (she/her): @Mechi - sorry to hear about your experience.

01:03:07 Amanda Picone: i had a traumatic YTT experience too - i am so sorry and i am glad you are still welcoming new experiences

01:03:11 Michael Gillis he/him: Raise your hand if you had a traumatic YTT experience.


01:03:12 Stella Raab (she/they): Ugh - we are here for you Mechi :(all the love <3

01:03:37 Mechi (Meh-chee) - They / them: Thank you all im so sorry to hear that its so similar in experiences for all. Shouldn't be this way

01:03:37 Michael Gillis he/him: So much harm happening in those spaces by folks in power.

01:03:38 Stella Raab (she/they): Michael!!!! So sorry many of us probably can raise our hand :(

01:04:12 Mechi (Meh-chee) - They / them: I love that!

01:06:26 Stella Raab (she/they): The plan is nationwide

01:06:54 Stella Raab (she/they): and considering we have only three minutes left and its at the end of December, I'm far too tired to talk. I'm so sorry :(

01:07:40 Stella Raab (she/they): Yes - fabulous idea - thank you 🥰

01:07:45 Justine F. (she/her): I also want to learn to let go of my need to "be successful" whatever that is supposed to look like - as a yoga facilitator.

01:08:39 Stella Raab (she/they): Yep - already considered all of that - thank you!

01:09:54 Mechi (Meh-chee) - They / them: I'm so sorry I booked myself too closely but look forward to recording!

01:10:07 Ella Mesma: Could anyone reshare the links to the scholarships for teacher training? I have someone who I know is interested. Thank you

01:11:18 Betty-Ann: Thank you

01:11:25 Andrea Ramos: For Susanna's, Ella? YTT 200 is closed for new folks right now, but you can email booking@ignitebewell.com with questions!

01:11:40 Ella Mesma: Thanks Andrea!

01:12:36 Autumn: Thank you

01:12:38 Justine F. (she/her): Thank you and have a good night!

01:12:40 Ella Mesma: Thank you

01:12:52 Dominique Lynch (she/her/hers): Thank you