



IGNITE INSTITUTE

FOR YOGIC LEADERSHIP & SOCIAL CHANGE

- 00:09:20 Justine F (she/her): Love the kitten! 😊
- 00:10:17 Yvette Matos: 🐱❤️
- 00:12:04 Kahli they/them: So grateful for chosen family
- 00:12:13 Susan Shloss (she/her): Grateful for the music you were playing and for your generous sharing of these practices.
- 00:12:16 Megan: Grateful for this group and being sick to remind me to slow down or my body will make me.
- 00:12:17 Yvette Matos: gratitude for the liminal space between bustling holidays
- 00:12:18 Leaf (they/them): water and silence
- 00:12:20 Constina: Hi. I'm Constina. I'm grateful for being able to teach yoga and for music
- 00:12:20 Jessica Quindel (she/her): the teaching of aparigraha/letting go!! and grateful to you, Susanna for continuing to share the wisdom and create these spaces where we can deepen our learning and passions for both social justice and yoga
- 00:12:29 Amanda Schmidt: i am grateful to have the time to be in this space today and for my dogs
- 00:12:33 Rohini Rajgopal (she/her): Grateful for the ability and opportunity to slow down this week
- 00:12:40 Erin Lingo: So grateful for community, and for extra time this week
- 00:12:46 Sammi Dittloff (she/her): Grateful for the reminder of brahmacharya as I am on the mend from illness. Also grateful in the same vein to have a brief pause between semesters to reconsider my energy and where it is spent.
- 00:12:47 Trois M: breath and slowing down
- 00:12:53 Gauree Patel (she/her): my family / ancestors for teaching me many ayurvedic practices to stay grounded during this dark, dry, cold time
- 00:13:09 Jamie (she/her) @tharavadayoga: Grateful for seeing more family this year than in previous years and for the many, many practices yoga offers to find connection and peace in a multitude of situations. 🙏
- 00:13:11 Justine E | she/her: I really needed the reminder of aparigraha this month, I've been able to slow down and find time to for more mindful moments.
- 00:13:15 Megan Williams (she/her): Grateful for the reciprocity with my students and their shared wisdom. Grateful for you. Grateful for lessons I'm learning taking care of my sick husband.
- 00:13:19 Justine F (she/her): Grateful for my cats and this group... and having this week to be off from school

00:14:02 Melissa Lepkowski- she/her: Right now I am grateful for connection and a warm place to live (have been stuck inside due to a snowstorm for the past week)

00:14:03 Andrea Ramos Campos: Grateful for time with loved ones. Grateful for taking time to care for myself.

00:14:42 Lauren: Grateful for slowing down over the holidays

00:14:51 Christie: Grateful for the shift in perspective to appreciate the holidays with my family versus dreading them.

00:15:34 Justine F (she/her): Sending love and light (in the form of heat) to the people stuck in the blizzard.

00:15:48 Christie: @Justine - yes!

00:16:21 Justine F (she/her): Hard core vipassana style

00:43:40 Susanna Barkataki (she/her): Anything arisen in the practice

00:44:03 Susanna Barkataki (she/her): Things that you want to bring light to

00:44:45 Ericia Johnson: I would like to get back to my yoga practice after being ill.

00:45:23 Constina: can you repeat the question / prompt

00:46:17 Justine F (she/her): @Constina - anything arisen in the practice; things that you want to bring light to

00:47:19 Ericia Johnson: Also I want to do more for my community and children to empower them.

00:47:42 Justine F (she/her): These ragas are powerful!

00:48:44 Susanna Barkataki (she/her): First song - Shanti mantra by Ravi Shankar. This song - Nartaki by Baluji Shrivastav, Re-Orient

00:48:57 Jamie (she/her) @tharavadayoga: I want to soften my grasp on perfectionism. This includes softening/releasing imposter syndrome; becoming my fullest expression of Self at this stage in my journey.

00:49:27 Christie: @Jamie - beautiful!

00:49:47 Jamie (she/her) @tharavadayoga: Thank you @Christie

00:49:59 Jessica Quindel (she/her): ^^Jaime, I love that phrase, "soften my grasp on perfectionism"!! I will add that to my intentions. Such helpful framing.

00:50:22 Jamie (she/her) @tharavadayoga: @Jessica ❤️

00:51:23 Gauree Patel (she/her): Thank you Jamie, resonating with your words so much

00:51:37 Leaf (they/them): +1 @Jamie <3

00:52:33 Jamie (she/her) @tharavadayoga: Thank you, all 💜🙏💜

00:52:58 Jessica Quindel (she/her): I love "being ok with not being ok"

00:53:38 Justine F (she/her): Ditto (what Jaime said) and clear mind - bring visibility and work to light and anything that needs to be brought to light that is beyond my imagining; and bring in more compassion and music into life and celebrate more with communities...

00:53:47 Susan Shloss (she/her): @ Constina, Yes to learning from "failure."

00:53:54 Cathy B. (she/her): With you Constina! Thank you for sharing.

00:54:30 Anitra Pierce (she/her): Thanks for sharing Constina!!!❤️

00:54:48 Constina: 🙏

00:54:59 Megan Williams (she/her): relating to all Constina! As a 60 year old.... SO much change impeding the desire to be fearless

00:55:04 Gauree Patel (she/her): I love that, spending time around young kids has taught me so much about curiosity, fearlessness and nonjudgement

00:55:36 Leaf (they/them): Embracing change in myself and the world around me—trusting that I am exactly where I need to be while cultivating more presence and intentionality in each now moment.

00:55:39 Jamie (she/her) @tharavadayoga: @Gauree SAME ❤️

00:56:13 Constina: Love this connection within this community.

00:56:31 Justine F (she/her): @Leaf- yes!

00:58:40 Jessica Quindel (she/her): celebrating you and your journey Gauree!!

00:58:48 Jamie (she/her) @tharavadayoga: Resonating deeply with that dichotomy, Gauree 💜

00:59:15 Bobbie Jaramillo (she, her): Thank you for sharing 💜

01:00:29 Anitra Pierce (she/her): Gauree thanks for sharing and allowing us to be part of your journey

01:00:58 Constina: @gauree thanks for sharing.

01:03:06 Jessica Quindel (she/her): Such insight @Cleo!!

01:04:46 Christie: Yes @Cleo! I have a note on my desk that says "honor my journey, respect other's journey" and "set and honor my boundaries" Thank you for sharing 💜

01:08:23 Megan Williams (she/her): Thank you everyone !!!!

01:08:24 Jessica Quindel (she/her): thank you for your wisdom Susanna and all those who shared!

01:08:26 Justine F (she/her): Thank you! Peace!

01:08:27 Cleo (she/they) Turtle Island: love that CHristie!

01:08:27 Autumn: Thank you

01:08:33 Melissa Lepkowski- she/her: Thank you!

01:08:33 Jamie (she/her) @tharavadayoga: Thank you!