



# IGNITE INSTITUTE

FOR YOGIC LEADERSHIP & SOCIAL CHANGE

00:05:10 Susanna Barkataki (she/her): Welcome! This is Sheila Bringi = Invocation - Guru Mantra

00:05:19 Susanna Barkataki (she/her): Let us know how you are doing - a word or two, or sentence in the chat!

00:05:44 Jessica (she/her): stressed! LOL but very happy to be here :)

00:06:00 Jessica Quindel (she/her): recovering, scattered

00:06:13 Nichole BPN (she/her): stressed, ungrounded

00:06:14 Andrea Ramos: Tired, but blessed.

00:06:16 Sammi Dittloff (she/her): working towards a clean slate start to a new semester

00:06:21 Trois M: grateful and loved

00:06:28 Michael Gillis he/him: Tired but refreshed.

00:06:33 Emily Dorey (she/her): moving through some big life transitions and feeling loved and supported!

00:06:44 Christie: grateful

00:07:17 Susan Shloss (she/her): I love Sheila.  
Grateful to have this focused time in this community.

00:07:23 Constina: frazzled and grounded

00:07:33 Cleo - she/they - Turtle Island: Better than yesterday

00:07:42 Justine F. (she/her): Resolute and anxious

00:07:45 Robin Lehman: Excited to be here.

00:08:09 erika anderson: expensive

00:08:12 Janie Seecharan: Grounded and nourished! Happy to be here

00:08:14 Christie: Susanna, you are glowing!

00:08:35 erika anderson: sorry. that was expansive

00:15:32 Susanna Barkataki (she/her): What's one quality you embodied this year or thing you did that you're proud of?.

00:16:06 Leaf 🌱 (they/them): Moving through uncertainty

00:16:24 erika anderson: releasing fear and self doubt

00:16:48 Mariana Schmalstig Diaz: being true to myself

00:16:54 Susanna Barkataki (she/her): What's one thing that didn't turn out how you wanted it to, or a mistake you made. How did you grow from it? What was the lesson learned?

00:17:32 erika anderson: valuing my own self worth

00:17:47 Michelle Steffen's iPhone: Being as authentic as possible in every space I inhabit

00:18:13 Melissa: Attempted career change that was not a good fit. I found a renewed contentment in my original career field and the motivation to follow other dreams.

00:18:14 Leaf 🌱 (they/them): Having expectations for relationships based off of my own projections and not the person actually in front of me. Grasping for connection with others without being honest with myself about my capacity: socially or intimately

00:18:43 Susanna Barkataki (she/her): What's one limiting story or belief you're ready to let go of -

00:18:43 Michelle Steffen's iPhone: That I don't belong, that my people didn't belong

00:18:45 Constina: for the second prompt I did not move as fast to grow my brand or business and I realized that I need to work on me mentally and physically.

00:18:55 Mariana Schmalstig Diaz: that no one cares what I have to say

00:19:06 Constina: I am letting go of fear and moving more towards faith

00:19:12 Leaf 🌱 (they/them): Letting go of self-doubt and a limiting version of self. Letting go of attachment to expectations and outcome in order to just BE

00:19:13 Kahli they/them: Letting go of the belief that fawning protects me

00:19:24 erika anderson: self limiting thoughts and actions

00:19:34 Michael Gillis he/him: Letting go of what others perceive my success looks like.

00:20:03 Justine F. (she/her): My voice isn't important; fear of retaliation

00:20:28 Susan Shloss (she/her): Letting go of layer of protection I don't need, living in love.

00:20:34 Moon Mele: Seeing go of the idea that I would be a bad mom if I send my toddler to a school

00:21:26 Emily Dorey (she/her): letting go of what no longer is serving my highest and best self AND learning to accept that it doesn't

00:21:59 Jamie (she/her) @tharavadayoga: letting go of shrinking as a form of self-protection

00:22:07 Justine F. (she/her): Letting go of poor messaging

00:22:20 Susanna Barkataki (she/her): Tune in to your highest self. Why are you here? Listen to your soul. This is about who you are BECOMING aligning with who you already ARE.

1 Listen - Sravana 2. Turn towards - Manana

1 3. Embrace - Nididhyasana.

What's one value, way of being or quality you will embody this year?

00:26:24 Susanna Barkataki (she/her): What's one value, way of being or quality you will embody this year?

00:29:12 Jamie (she/her) @tharavadayoga: I embody interdependence.

00:29:13 Jessica Quindel (she/her): pleasure

00:29:16 Michael Gillis he/him: Peace

00:29:18 Susan Shloss (she/her): Leadership

00:29:31 Irene: Abundance, faith

00:29:41 Leaf 🌱 (they/them): Vulnerability

00:29:43 Mariana Schmalstig Diaz: present

00:29:44 Kahli they/them: love

00:29:59 Emily Dorey (she/her): joyful creativity

00:29:59 Libby Watts (she/her): gratitude

00:30:17 erika anderson: connection

00:30:17 Constina: I am moving towards Joy in all I do. If it brings me joy (connects with my heart, mind, spirit) then it is a yes... yes... yes

00:30:20 Justine F. (she/her): Inclusive peaceful love

00:30:32 Nichole BPN (she/her): mmm i love that constina

00:39:06 Nichole BPN (she/her): i said that to someone yesterday!

00:39:51 Libby Watts (she/her): That was beautiful.

00:41:58 Nichole BPN (she/her): person, bye.

00:44:43 Emily Dorey (she/her): Have seen this happen a few times at my home studio unfortunately. We've always gone back to re-stating our values of decolonization, antiracism, and anti-oppression and sharing that sometimes folks aren't in alignment with that, but that doesn't mean we're going to compromise those values or stop having these important conversations

00:45:00 Nichole BPN (she/her): +1

00:45:41 Kahli they/them: Does it feel true to say that it's great to have different values when their values are not supporting your goals?

00:48:06 Kahli they/them: Thank you for that!

00:49:17 Kahli they/them: Yes, Nichole! Thank you!

00:49:55 Constina: Thank you Nichole. Well said.

00:52:10 Susan Shloss (she/her): I try to find a way to be nonjudgmental and compassionate for where each person is.

00:54:18 June Lucarotti: Thank you!!! That question around fit was so timely. I often feel like I am alone trying to figure these things out (as I am sure many solo entrepreneurs do) so I just feel so understood and guided in a way I really needed today.

00:54:57 Nichole BPN (she/her):  @June

01:03:22 Nichole BPN (she/her): white supremacy

01:04:20 Justine F. (she/her): And IAYT

01:04:21 Cleo - she/they - Turtle Island: Lots of information I dint even know I needed! Perspectives a plenty

01:05:21 Janie Seecharan: Loved hearing this perspective and I really enjoyed today's meeting

01:05:31 Jessica Quindel (she/her): I love how you continue to invite self-reflection for white folks (including for me)! AND are clear about how we need to figure out our personal role in teaching yoga given our positionality, especially for white folks. Thanks for the thoughtfulness and reminders to honor yoga's roots when/if we do teach.

01:05:32 Christie: That made me tear up - thank you, Susanna.

01:05:43 Libby Watts (she/her): As a white woman, I appreciate that answer. Thank you!

01:05:51 Constina: Yes. this is nourishing. thank you for today

01:05:51 June Lucarotti: What is IAYT?

01:05:57 Emily Dorey (she/her): Really grateful for this session - thank you

01:06:00 Carly Joelle: These talks are SO valuable. Thank you!!

01:06:47 Autumn: Thank you

01:06:51 Justine F. (she/her): Thank you!

01:06:53 Dominique Lynch (she/her/hers): Thank you

01:06:57

Trois M:

thank you