

WEBVTT

1

00:00:03.190 --> 00:00:08.310

Susanna Barkataki (she/her): Hello, everybody! Hello! And Happy New Year.

2

00:00:11.760 --> 00:00:16.250

Susanna Barkataki (she/her): I don't know if you're feeling it, but I definitely feel like a kind of fresh

3

00:00:16.329 --> 00:00:18.560

Susanna Barkataki (she/her): clearing energy.

4

00:00:18.590 --> 00:00:20.130

so

5

00:00:20.460 --> 00:00:22.650

Susanna Barkataki (she/her): that'll be one of our themes

6

00:00:22.690 --> 00:00:25.340

Susanna Barkataki (she/her): today, and

7

00:00:25.520 --> 00:00:30.100

Susanna Barkataki (she/her): just welcoming yourself and your

8

00:00:30.740 --> 00:00:32.060

Susanna Barkataki (she/her): everything

9

00:00:32.200 --> 00:00:36.210

Susanna Barkataki (she/her): in your world to just come together in this moment.

10

00:00:36.930 --> 00:00:38.870

Susanna Barkataki (she/her): and we'll take.

11

00:00:39.220 --> 00:00:53.389

Susanna Barkataki (she/her): Take a minute into a little practice, but I want to take a second. Have a sense that people might be moving a little slower. It's still the beginning of the year. So why Don't, we let's do this. Why, Don't, we listen to

12

00:00:53.850 --> 00:00:57.979

Susanna Barkataki (she/her): a song, and then we will.

13
00:00:58.580 --> 00:01:00.060
We'll start.

14
00:01:06.520 --> 00:01:07.190
And

15
00:01:15.450 --> 00:01:16.869
okay.

16
00:01:23.700 --> 00:01:28.470
Susanna Barkataki (she/her): just a moment, everyone to queue up some music.

17
00:01:33.210 --> 00:01:33.909
There we are.

18
00:01:46.780 --> 00:01:49.210
Susanna Barkataki (she/her): Okay. So welcome. Welcome

19
00:03:11.230 --> 00:03:12.060
the

20
00:03:15.520 --> 00:03:16.170
the

21
00:03:17.760 --> 00:03:18.580
she.

22
00:03:23.100 --> 00:03:23.890
the

23
00:03:27.480 --> 00:03:28.100
the

24
00:03:28.700 --> 00:03:29.490
you.

25
00:03:32.880 --> 00:03:34.790
you

26
00:03:35.290 --> 00:03:36.050
to a

27
00:03:36.230 --> 00:03:37.100
a workshop

28
00:03:45.220 --> 00:03:46.850
us.

29
00:03:47.500 --> 00:03:48.420
the

30
00:03:49.460 --> 00:03:50.430
the

31
00:03:57.180 --> 00:03:58.300
the

32
00:04:09.050 --> 00:04:09.709
it's all

33
00:04:13.970 --> 00:04:15.100
to the

34
00:04:17.149 --> 00:04:17.840
and

35
00:04:20.930 --> 00:04:21.930
the

36
00:04:30.330 --> 00:04:31.190
auction.

37
00:04:33.680 --> 00:04:34.330
who

38
00:04:38.380 --> 00:04:38.949
and I

39
00:04:39.120 --> 00:04:40.080

it.

40

00:05:15.810 --> 00:05:23.310

Susanna Barkataki (she/her): Welcome, welcome! Welcome, everyone to our January. 2023 office hours. I

41

00:05:23.740 --> 00:05:33.560

Susanna Barkataki (she/her): i'm so excited to be here with you, and that's some that you just heard, Was she Labrini, the Guru Mantra.

42

00:05:35.880 --> 00:05:41.549

Susanna Barkataki (she/her): There is so much that I want to share, and there's some wonderful questions that have come through for today.

43

00:05:41.600 --> 00:05:45.589

Susanna Barkataki (she/her): I think that with the theme

44

00:05:45.640 --> 00:05:54.790

Susanna Barkataki (she/her): that is a live for me right now with the New Year that also has to be one that you might be exploring, which is.

45

00:05:55.320 --> 00:06:15.319

Susanna Barkataki (she/her): I wanted to connect that to intentions, because often with a new year, you know, some of us might feel excited to set resolutions or intentions. Some of us might feel kind of dated on that, and like what it's like, arbitrary. It's the same life. It's the the time has changed.

46

00:06:15.330 --> 00:06:19.719

Susanna Barkataki (she/her): and wherever you are on that spectrum it's all welcome.

47

00:06:20.020 --> 00:06:34.390

Susanna Barkataki (she/her): and there can be some usefulness in tuning into what is your intention, you know, with Yoga? It's like at the Yoga on a shaft, and that's now. And so what's your intention now? In this moment?

48

00:06:34.720 --> 00:06:40.459

Susanna Barkataki (she/her): So I think i'll guide a little bit on that, and then we'll chat

49

00:06:40.830 --> 00:06:52.810

Susanna Barkataki (she/her): so wherever you are, you can settle in and sit comfortably. Lie down if you're walking or driving. Please stay very alert and aware, and

50

00:06:52.880 --> 00:06:57.940

Susanna Barkataki (she/her): you can softly close your eyes if you like, or just let them

51

00:06:58.010 --> 00:07:03.460

Susanna Barkataki (she/her): get gentle and kind of rest on something in front of you, but not the screen.

52

00:07:04.280 --> 00:07:06.850

Susanna Barkataki (she/her): I don't like the bell. No practice

53

00:07:25.740 --> 00:07:27.740

Susanna Barkataki (she/her): deep breath in

54

00:07:28.430 --> 00:07:29.870

Susanna Barkataki (she/her): and out

55

00:07:43.170 --> 00:07:44.860

Susanna Barkataki (she/her): and

56

00:07:45.610 --> 00:07:47.080

Susanna Barkataki (she/her): and out.

57

00:07:51.830 --> 00:07:56.939

Susanna Barkataki (she/her): You can keep your awareness on your breath as I talk a little bit.

58

00:07:57.980 --> 00:08:05.669

Susanna Barkataki (she/her): every inhale lengthening and expanding, and every exhale relaxing, settling down.

59

00:08:05.930 --> 00:08:10.349

Susanna Barkataki (she/her): relaxing into that which is supporting you. Tear the earth.

60

00:08:14.110 --> 00:08:17.380

Susanna Barkataki (she/her): Yoga is always here to

61

00:08:17.510 --> 00:08:19.680
Susanna Barkataki (she/her): help us embody

62
00:08:19.780 --> 00:08:23.000
Susanna Barkataki (she/her): and connect to our highest selves.

63
00:08:24.170 --> 00:08:27.480
Susanna Barkataki (she/her): and for me i'll often turn to

64
00:08:28.330 --> 00:08:33.049
Susanna Barkataki (she/her): resources from within. The tradition like different texts.

65
00:08:33.110 --> 00:08:36.059
Susanna Barkataki (she/her): For For example, the

66
00:08:36.289 --> 00:08:44.020
Susanna Barkataki (she/her): the one that I've been exploring lately is the which is a 700 for Scripture.

67
00:08:44.260 --> 00:08:49.930
Susanna Barkataki (she/her): written in some script, and it dates somewhere around the fifth to the second century Bce.

68
00:08:51.470 --> 00:08:55.749
Susanna Barkataki (she/her): It's inspired many people yogis throughout time, as well as

69
00:08:55.810 --> 00:08:59.140
Susanna Barkataki (she/her): the row. The non-violence movement

70
00:08:59.480 --> 00:09:03.090
Susanna Barkataki (she/her): to create independence in India, Emerson.

71
00:09:05.340 --> 00:09:09.000
Susanna Barkataki (she/her): and it translates as a song of the Lord.

72
00:09:11.030 --> 00:09:15.670
Susanna Barkataki (she/her): It's a conversation between the Prince of the Pond Events, one group.

73
00:09:15.820 --> 00:09:23.609

Susanna Barkataki (she/her): and their leader, our general, their main warrior, and his guide and chariot here, and also divine

74

00:09:24.290 --> 00:09:26.440

Susanna Barkataki (she/her): character, Lord Krishna.

75

00:09:27.700 --> 00:09:30.580

Susanna Barkataki (she/her): and, like so many of us, do in life.

76

00:09:31.120 --> 00:09:33.909

Susanna Barkataki (she/her): Our Jenna face is a huge challenge.

77

00:09:34.200 --> 00:09:37.469

Susanna Barkataki (she/her): As a warrior he is being asked to fight

78

00:09:38.030 --> 00:09:39.770

Susanna Barkataki (she/her): the car of as the

79

00:09:40.570 --> 00:09:52.840

Susanna Barkataki (she/her): the non righteous group that is trying to take over. But that group contains people he loves, elders, friends, relatives, and he's really confused about what to do.

80

00:09:53.600 --> 00:09:59.900

Susanna Barkataki (she/her): I don't know if you can relate to, maybe, a moment of confusion or lack of clarity.

81

00:10:01.730 --> 00:10:05.449

Susanna Barkataki (she/her): of being torn between, perhaps, like the

82

00:10:05.520 --> 00:10:14.289

Susanna Barkataki (she/her): requests of your family or your community, what's expected of you and your own heart, or what you feel is your duty.

83

00:10:15.360 --> 00:10:20.820

Susanna Barkataki (she/her): I think these themes, although it may not be alive for you right here in this moment

84

00:10:20.970 --> 00:10:22.560

Susanna Barkataki (she/her): are quite universal.

85

00:10:23.720 --> 00:10:28.399

Susanna Barkataki (she/her): And so Kristna reveals some advice to our dinner

86

00:10:28.520 --> 00:10:32.250

Susanna Barkataki (she/her): that is useful to us now.

87

00:10:33.180 --> 00:10:36.639

Susanna Barkataki (she/her): and in his advice he talks about

88

00:10:37.210 --> 00:10:38.280

Susanna Barkataki (she/her): how

89

00:10:38.920 --> 00:10:40.489

Susanna Barkataki (she/her): who you are

90

00:10:41.010 --> 00:10:42.050

Susanna Barkataki (she/her): is

91

00:10:42.490 --> 00:10:45.910

Susanna Barkataki (she/her): is inherent from a yogic perspective. You

92

00:10:45.940 --> 00:11:01.540

Susanna Barkataki (she/her): have a basic nature, and that nature, although it can change, there's some foundational things that are true and good about you. And so if you don't need to do someone else's duty, or someone else's actions, but only do your own.

93

00:11:02.680 --> 00:11:05.729

Susanna Barkataki (she/her): He also shares the wisdom

94

00:11:07.930 --> 00:11:26.809

Susanna Barkataki (she/her): that the self is unchanging, the true self. It can't be. At 1 point i'm paraphrasing, but he says it can't be wetened or you know burned it. It's eternal. And whether you believe that or not, there's something comfortable about the advice he comforting about the advice he gets origin of it

95

00:11:26.970 --> 00:11:31.249

Susanna Barkataki (she/her): that you cannot kill or be killed, then the capital itself

96

00:11:33.130 --> 00:11:35.689

Susanna Barkataki (she/her): that there's a connection between all.

97

00:11:37.590 --> 00:11:41.849

Susanna Barkataki (she/her): And then he describes Yoga as skill in action.

98

00:11:42.030 --> 00:11:48.040

Susanna Barkataki (she/her): as doing every action you must do, and not being attached to your actions fruits

99

00:11:50.900 --> 00:12:00.330

Susanna Barkataki (she/her): which for me is one of the the most helpful and the most challenging words of advice that I've ever gotten from within this tradition.

100

00:12:00.370 --> 00:12:01.830

because

101

00:12:02.110 --> 00:12:06.630

Susanna Barkataki (she/her): if it's mine to do, i'm often so attached to the outcome.

102

00:12:08.140 --> 00:12:12.069

Susanna Barkataki (she/her): letting go, surrendering, practicing a paragraph

103

00:12:12.410 --> 00:12:14.840

Susanna Barkataki (she/her): and set yeah, truthfulness.

104

00:12:17.160 --> 00:12:19.900

Susanna Barkataki (she/her): And so with these lessons in

105

00:12:20.000 --> 00:12:21.629

Susanna Barkataki (she/her): our minds and hearts.

106

00:12:21.910 --> 00:12:37.829

Susanna Barkataki (she/her): i'm going to ask you a few questions because it can be helpful to reflect on the year past, and in a kind of ritualized way release it and let it go. And so i'll say these out loud, and then you can reflect in your mind.

107

00:12:37.910 --> 00:12:42.020

Susanna Barkataki (she/her): You can also journal or right if you prefer to do that.

108

00:12:46.100 --> 00:12:48.370

Susanna Barkataki (she/her): What's one quality

109

00:12:49.090 --> 00:12:51.639

Susanna Barkataki (she/her): that you embodied this past year

110

00:12:51.810 --> 00:12:55.340

Susanna Barkataki (she/her): or thing that you did, that you are proud of.

111

00:12:56.140 --> 00:12:58.099

Susanna Barkataki (she/her): It's one quality

112

00:12:58.290 --> 00:13:06.979

Susanna Barkataki (she/her): that you embodied this year or thing that you did, that you are proud of, and so inviting you to stay in a meditative.

113

00:13:08.560 --> 00:13:20.599

Susanna Barkataki (she/her): reflective place the places you can open your eyes and begin to write if you'd like or type, and i'm dropping the questions in the chat as well, in case you'd like to see

114

00:13:20.820 --> 00:13:21.740

Susanna Barkataki (she/her): then.

115

00:13:23.160 --> 00:13:27.149

Susanna Barkataki (she/her): And if you're just reflecting, you can stay a tune to your breath.

116

00:13:53.760 --> 00:13:56.050

Susanna Barkataki (she/her): Next reflection.

117

00:13:57.310 --> 00:13:59.270

Susanna Barkataki (she/her): Hmm. Beautiful

118

00:14:01.690 --> 00:14:06.110

Susanna Barkataki (she/her): moving through uncertainty, releasing fear and self. Doubt.

119

00:14:07.860 --> 00:14:11.839

Susanna Barkataki (she/her): What's one thing that didn't turn out how you wanted it to.

120

00:14:13.260 --> 00:14:14.740

Susanna Barkataki (she/her): or a mistake

121

00:14:21.750 --> 00:14:24.790

Susanna Barkataki (she/her): that maybe you made, or something that happened.

122

00:14:25.140 --> 00:14:27.359

Susanna Barkataki (she/her): and if you would like to think about

123

00:14:27.850 --> 00:14:32.740

Susanna Barkataki (she/her): how you grew from it, what the lesson was that you learned, or still learning.

124

00:14:32.980 --> 00:14:43.509

Susanna Barkataki (she/her): We can reflect on that. So one thing that didn't turn out how you wanted it to for a mistake that you made. How did you grow from it. What was the lesson learned?

125

00:14:43.780 --> 00:14:57.449

Susanna Barkataki (she/her): And for this to something you're ready, you know, to kind of process through. Not like if there's something that's a really big one that you're not ready to reflect on the lessons yet, because you're just in the process. You don't need to choose that.

126

00:15:19.280 --> 00:15:20.510

Susanna Barkataki (she/her): Hmm.

127

00:15:21.530 --> 00:15:22.180

Yeah.

128

00:15:24.280 --> 00:15:28.659

Susanna Barkataki (she/her): My own self worth being as authentic as possible.

129

00:15:42.110 --> 00:15:47.770

Susanna Barkataki (she/her): And then last reflection of this kind of energy.

130

00:15:48.390 --> 00:15:50.680

Susanna Barkataki (she/her): Before we move to what we're bringing in.

131

00:15:50.890 --> 00:15:57.890

Susanna Barkataki (she/her): what's a limiting story or belief that you're ready to let go of like, what are you letting go of?

132

00:15:58.240 --> 00:16:00.619

Susanna Barkataki (she/her): And I can give you a concrete?

133

00:16:00.720 --> 00:16:04.409

Susanna Barkataki (she/her): It's not fully let go for me. But i'm really working on like

134

00:16:04.470 --> 00:16:08.989

Susanna Barkataki (she/her): letting go people pleasing and kind of allowing myself to set

135

00:16:09.230 --> 00:16:11.740

Susanna Barkataki (she/her): boundaries more clear boundaries.

136

00:16:12.730 --> 00:16:14.300

Susanna Barkataki (she/her): What are you letting go.

137

00:16:16.870 --> 00:16:17.670

Susanna Barkataki (she/her): Hmm.

138

00:16:22.330 --> 00:16:23.250

Susanna Barkataki (she/her): Hmm.

139

00:16:23.940 --> 00:16:27.690

Susanna Barkataki (she/her): Meeting your comments, and you can keep reflecting

140

00:16:57.870 --> 00:17:01.820

Susanna Barkataki (she/her): lovely to a fear moving more towards faith.

141

00:17:02.090 --> 00:17:06.190

Susanna Barkataki (she/her): letting go of self doubt and a limiting version

142

00:17:06.310 --> 00:17:07.550

Susanna Barkataki (she/her): myself.

143

00:17:07.980 --> 00:17:13.409

Susanna Barkataki (she/her): I think we have attachment to expectations and outcome in order to just be. Yes, that

144

00:17:13.640 --> 00:17:18.779

Susanna Barkataki (she/her): advice from the of years ago is so. It's so pertinent.

145

00:17:19.390 --> 00:17:25.060

Susanna Barkataki (she/her): Letting go of the belief that funding protects me. Self limiting thoughts and actions.

146

00:17:25.329 --> 00:17:30.490

Susanna Barkataki (she/her): Yeah, letting go of what others perceive. My success looks like, Yes.

147

00:17:31.620 --> 00:17:33.570

Susanna Barkataki (she/her): you can keep reflecting.

148

00:17:39.040 --> 00:17:39.680

Yeah.

149

00:17:54.370 --> 00:17:55.990

Susanna Barkataki (she/her): as we

150

00:17:56.510 --> 00:17:57.620

Susanna Barkataki (she/her): now

151

00:17:57.820 --> 00:17:59.340

Susanna Barkataki (she/her): wrap this up

152

00:18:00.250 --> 00:18:02.719

Susanna Barkataki (she/her): Sometimes it's helpful to

153

00:18:02.810 --> 00:18:03.959

Susanna Barkataki (she/her): pull like

154

00:18:05.340 --> 00:18:18.649

Susanna Barkataki (she/her): one word from that learning, or one phrase, a lot of you have done that already. But if you haven't, maybe there's one phrase or one word that you're kind of wrapping up like letting go.

155

00:18:18.970 --> 00:18:23.359

Susanna Barkataki (she/her): pleasing others, i'm letting go, doubt letting go fear.

156

00:18:24.810 --> 00:18:28.270

Susanna Barkataki (she/her): So just as you bring that down, letting go

157

00:18:28.420 --> 00:18:31.159

Susanna Barkataki (she/her): to a close, distilling it.

158

00:18:37.880 --> 00:18:54.340

Susanna Barkataki (she/her): And then, if and when you're ready, we can physicalize that a little bit, so you can bring your hands up above any amount of way from your body. And then imagine that word or that quality, and You're just washing it out of yourself.

159

00:18:54.830 --> 00:19:01.119

Susanna Barkataki (she/her): and we'll move our hands like that with the breath inhaling, stretching up and lengthening, or any other movement

160

00:19:01.210 --> 00:19:03.190

that helps you clear it away.

161

00:19:03.570 --> 00:19:06.870

Susanna Barkataki (she/her): giving it to the earth so you can compost it

162

00:19:09.290 --> 00:19:28.040

Susanna Barkataki (she/her): if you feel like it would be helpful, maybe shaking or wiggling, releasing this quality this thing, and you know it's always stages right. We might circle back around. I often do circle back around kind of thing, but for now done done with that, letting it go.

163

00:19:28.440 --> 00:19:33.220

Susanna Barkataki (she/her): I will only experience it from a new place. If I experience it at all.

164

00:19:36.670 --> 00:19:38.160

Susanna Barkataki (she/her): You ready.

165

00:19:39.510 --> 00:19:41.069

Susanna Barkataki (she/her): you can come back

166

00:19:41.400 --> 00:19:42.490

2

167

00:19:42.580 --> 00:19:46.419

Susanna Barkataki (she/her): still that meditative, inner, reflective quality.

168

00:19:48.540 --> 00:20:04.920

Susanna Barkataki (she/her): And for this we're exploring a little bit on some. And some of you may have seen me email you about this. Some of you may have watched a little video I made or on social, and some of you may have not heard me talk about this at all. That's fine.

169

00:20:05.180 --> 00:20:12.190

Susanna Barkataki (she/her): is our intention, and there's like kind of a small as some kalpa which is

170

00:20:13.970 --> 00:20:14.770

Susanna Barkataki (she/her): like.

171

00:20:15.420 --> 00:20:26.149

Susanna Barkataki (she/her): Let me talk about the big s one first. The big S is connected to your dharma like. Why, you're here, and it's like your your intention, your bigger intention in the world.

172

00:20:26.500 --> 00:20:36.949

Susanna Barkataki (she/her): and that can be really intimidating. Some of us may not have any clue. What that is. Some of us may be in a major transition of what you thought that was, and what it is.

173

00:20:36.990 --> 00:20:42.520

Susanna Barkataki (she/her): and some of us may have never touched that or known, and some may be very clear.

174

00:20:43.040 --> 00:20:56.149

Susanna Barkataki (she/her): and the little S. And C. That is like the very next thing, the next step, the next way of being the next action. And so that's what we'll talk about, because to explore that big as some cop is, you know that's like

175

00:20:56.480 --> 00:21:14.120

Susanna Barkataki (she/her): a month long retreat. Slash! Maybe a year long. That's it. That's a much deeper dive. But it's okay. Whatever your

relationship is with that sense of purpose, because sometimes we can get closer to it by seeing what the very next thing is

176

00:21:14.340 --> 00:21:20.780

Susanna Barkataki (she/her): so tuning in. Then I invite you to soften again, maybe let your eyes gently close, or

177

00:21:23.190 --> 00:21:26.440

Susanna Barkataki (she/her): just relax, tuning back into your back.

178

00:21:28.650 --> 00:21:30.570

Susanna Barkataki (she/her): Why are you here

179

00:21:31.270 --> 00:21:35.359

Susanna Barkataki (she/her): here right here in this program, but also here

180

00:21:36.270 --> 00:21:38.170

Susanna Barkataki (she/her): in your life.

181

00:21:39.930 --> 00:21:42.309

Susanna Barkataki (she/her): listening to your soul.

182

00:21:43.930 --> 00:21:46.749

Susanna Barkataki (she/her): aligning with who you already are.

183

00:21:53.600 --> 00:21:58.619

Susanna Barkataki (she/her): and we can listen to the practice of to

184

00:21:59.920 --> 00:22:01.559

Susanna Barkataki (she/her): that invitation

185

00:22:03.540 --> 00:22:08.649

Susanna Barkataki (she/her): practice turning towards, or manana turning towards.

186

00:22:09.390 --> 00:22:13.639

Susanna Barkataki (she/her): even if you're not so sure it's faint or unclear

187

00:22:13.880 --> 00:22:15.370

Susanna Barkataki (she/her): just being open to.

188

00:22:15.400 --> 00:22:17.339

Susanna Barkataki (she/her): Hmm. Why am I here?

189

00:22:22.950 --> 00:22:24.480

Susanna Barkataki (she/her): Have fun

190

00:22:25.520 --> 00:22:29.289

Susanna Barkataki (she/her): to celebrate myself and others, to learn

191

00:22:29.360 --> 00:22:30.810

Susanna Barkataki (she/her): to create art.

192

00:22:31.590 --> 00:22:33.809

Susanna Barkataki (she/her): to feel peace, whatever

193

00:22:34.610 --> 00:22:35.870

Susanna Barkataki (she/her): you find.

194

00:22:37.410 --> 00:22:40.830

Susanna Barkataki (she/her): And then the last step of the 3

195

00:22:41.070 --> 00:22:44.960

Susanna Barkataki (she/her): is needed. Yes, and just embracing.

196

00:22:45.320 --> 00:22:49.280

Susanna Barkataki (she/her): embracing yourself, embracing that intention.

197

00:22:54.720 --> 00:22:57.080

Susanna Barkataki (she/her): and so turning towards

198

00:22:57.260 --> 00:23:01.630

Susanna Barkataki (she/her): what you find, knowing that your language is powerful.

199

00:23:02.580 --> 00:23:10.790

Susanna Barkataki (she/her): and you can speak as if it's already happening, and positively, and in the present tense, maybe a word or a phrase comes to you.

200

00:23:13.310 --> 00:23:15.659

Susanna Barkataki (she/her): I feel strong and healthy.

201

00:23:20.490 --> 00:23:25.980

Susanna Barkataki (she/her): and committed to practicing joy in as many moments as possible

202

00:23:26.950 --> 00:23:28.510

Susanna Barkataki (she/her): things like that.

203

00:23:28.690 --> 00:23:37.719

Susanna Barkataki (she/her): It can be your next step towards that deeper some kalpa, whether you even know fully what that deeper sense, help is or not

204

00:23:38.320 --> 00:23:42.320

Susanna Barkataki (she/her): a step in a positive supportive direction.

205

00:23:42.950 --> 00:23:53.910

Susanna Barkataki (she/her): and so allow to coalesce in your mind a word, a phrase of value, a way of being a quality that you will embody this year.

206

00:23:54.300 --> 00:23:59.210

Susanna Barkataki (she/her): and if you're not sure you can always call upon one of the

207

00:24:00.260 --> 00:24:01.260

Susanna Barkataki (she/her): there

208

00:24:01.630 --> 00:24:03.180

Susanna Barkataki (she/her): pretty sturdy

209

00:24:03.530 --> 00:24:05.169

Susanna Barkataki (she/her): to be relied upon.

210

00:24:08.800 --> 00:24:10.680

Susanna Barkataki (she/her): So now, gently

211

00:24:11.800 --> 00:24:24.580

Susanna Barkataki (she/her): embodying this breathing into your word or your phrase, or if you're not sure yet just to to welcoming that word or phrase, or quality as it comes to you now or in the next week or month.

212

00:24:25.100 --> 00:24:28.540

Susanna Barkataki (she/her): expanding your arms out any amount away from your body.

213

00:24:28.670 --> 00:24:30.939

Susanna Barkataki (she/her): and when you have it

214

00:24:33.070 --> 00:24:38.490

Susanna Barkataki (she/her): you can bring, or even if you don't, you can bring your arms to

215

00:24:38.850 --> 00:24:41.530

Susanna Barkataki (she/her): give yourself a dental hug

216

00:24:45.030 --> 00:24:47.820

Susanna Barkataki (she/her): meeting in that word or phrase.

217

00:24:48.770 --> 00:24:50.530

Susanna Barkataki (she/her): and joyful

218

00:24:51.130 --> 00:24:52.710

Susanna Barkataki (she/her): I play for

219

00:24:53.980 --> 00:24:55.480

Susanna Barkataki (she/her): whatever it might be.

220

00:24:56.460 --> 00:24:59.800

Susanna Barkataki (she/her): and then expand once one more time.

221

00:25:01.770 --> 00:25:06.899

Susanna Barkataki (she/her): and then bring it in once more. Other arm on top. If you're getting yourself a hug.

222

00:25:11.260 --> 00:25:16.499

Susanna Barkataki (she/her): And this can be a new story. And you believe that for a new practice that you're

223

00:25:16.740 --> 00:25:20.969

Susanna Barkataki (she/her): committing to this moment, this time, maybe for this year.

224

00:25:22.330 --> 00:25:24.019

Susanna Barkataki (she/her): and once you feel

225

00:25:24.070 --> 00:25:26.089

Susanna Barkataki (she/her): like you've connected with it

226

00:25:26.370 --> 00:25:31.780

Susanna Barkataki (she/her): on the next exhale, we'll expand our arms out, away from you or up

227

00:25:31.810 --> 00:25:36.290

Susanna Barkataki (she/her): letting that intention go true if you get form.

228

00:25:37.690 --> 00:25:40.480

Susanna Barkataki (she/her): because it's already part of you already, is you?

229

00:25:40.830 --> 00:25:44.939

Susanna Barkataki (she/her): And so you don't have to hold on to tight. You don't have to be like. I have to be playful.

230

00:25:45.220 --> 00:25:48.630

Susanna Barkataki (she/her): I have to be joyful. There's gonna be many moments

231

00:25:49.270 --> 00:25:52.760

Susanna Barkataki (she/her): to speak for myself that I might not be playful or joyful.

232

00:25:52.920 --> 00:25:54.829

Susanna Barkataki (she/her): And that's okay.

233

00:25:55.430 --> 00:25:59.890

Susanna Barkataki (she/her): that that intention that practice is part of my essence.

234

00:25:59.980 --> 00:26:02.850

Susanna Barkataki (she/her): So releasing, letting it go.

235

00:26:04.090 --> 00:26:06.260

Susanna Barkataki (she/her): and then you can bring your arms down

236

00:26:08.610 --> 00:26:10.180
and relax

237

00:26:13.740 --> 00:26:15.920
Susanna Barkataki (she/her): 3 deep breaths.

238

00:26:24.600 --> 00:26:26.909
Susanna Barkataki (she/her): Open your eyes.

239

00:26:27.280 --> 00:26:33.769
Susanna Barkataki (she/her): coming into journal, or to write in the chat
and share with us. I'd love for you to share with us that

240

00:26:33.950 --> 00:26:39.879
Susanna Barkataki (she/her): phrase or word or thing that you're you're
moving towards. And this

241

00:26:41.930 --> 00:26:43.910
Susanna Barkataki (she/her): at this time or this year.

242

00:26:47.650 --> 00:26:48.860
Okay.

243

00:26:50.830 --> 00:26:53.049
just pulling up our questions.

244

00:26:55.020 --> 00:26:59.669
Susanna Barkataki (she/her): Hmm. Interdependence, pleasure piece.

245

00:26:59.800 --> 00:27:01.120
Susanna Barkataki (she/her): leadership.

246

00:27:01.790 --> 00:27:02.800
Yeah.

247

00:27:06.260 --> 00:27:08.079
Susanna Barkataki (she/her): Abundance and faith.

248

00:27:11.670 --> 00:27:12.690
Nice.

249

00:27:25.310 --> 00:27:26.650

Susanna Barkataki (she/her): Okay.

250

00:27:27.830 --> 00:27:28.950

Susanna Barkataki (she/her): beautiful.

251

00:27:29.590 --> 00:27:30.470

Susanna Barkataki (she/her): And then

252

00:27:30.910 --> 00:27:35.419

Susanna Barkataki (she/her): love. Seeing these come in joyful creativity, gratitude, love.

253

00:27:35.530 --> 00:27:38.339

Susanna Barkataki (she/her): presence being present, vulnerability.

254

00:27:38.400 --> 00:27:39.220

Yeah.

255

00:27:39.900 --> 00:27:41.969

Susanna Barkataki (she/her): And some themes came in

256

00:27:42.050 --> 00:27:50.490

Susanna Barkataki (she/her): to your question. So before I go there, I just want to really like, affirm you. And also, I know sometimes in doing this process.

257

00:27:50.640 --> 00:28:03.730

Susanna Barkataki (she/her): There might be someone here who's like Great Susan. I didn't really get anything yet. That's okay. You can come back and we do it. You can reflect on your own, and maybe it'll come in. Maybe it doesn't need to come.

258

00:28:03.830 --> 00:28:07.020

Susanna Barkataki (she/her): And for those where it is really clear.

259

00:28:07.250 --> 00:28:14.049

Susanna Barkataki (she/her): and you are feeling really connected to gratitude, connection to inclusive, peaceful love.

260

00:28:15.310 --> 00:28:16.400

Susanna Barkataki (she/her): Yeah.

261

00:28:19.070 --> 00:28:21.240

Susanna Barkataki (she/her): just allowing that to

262

00:28:21.580 --> 00:28:26.689

Susanna Barkataki (she/her): to settle for a moment and to really kind of percolate and be there for you.

263

00:28:29.560 --> 00:28:30.670

Susanna Barkataki (she/her): Hmm.

264

00:28:32.230 --> 00:28:35.699

Susanna Barkataki (she/her): So we had questions around vulnerability.

265

00:28:35.810 --> 00:28:39.239

Susanna Barkataki (she/her): addressing students that are not in alignment.

266

00:28:39.370 --> 00:28:45.340

Susanna Barkataki (she/her): sensuality, and yoga, and on appropriation, and the certification process and yoga alliance

267

00:28:45.490 --> 00:28:53.160

Susanna Barkataki (she/her): and teaching Yoga as a neuro divergence, this white person. So we're going to get into some of these questions. Now

268

00:28:53.740 --> 00:28:56.560

Susanna Barkataki (she/her): on vulnerability.

269

00:28:57.010 --> 00:28:58.649

I'm just gonna

270

00:28:59.150 --> 00:29:02.170

Susanna Barkataki (she/her): make sure I have. Yes.

271

00:29:02.900 --> 00:29:18.289

Susanna Barkataki (she/her): what it means to be vulnerable. What that can look like, who we're vulnerable with. There's a lot to consider. I was wondering if you could share any of the stories, teachings, meditations around the subject of vulnerability or practice, or speak to your practice and relationship with it.

272

00:29:19.920 --> 00:29:21.240

Susanna Barkataki (she/her): So I

273

00:29:22.090 --> 00:29:26.729

Susanna Barkataki (she/her): i'll reflect on some stories and teachings. I can speak to my own practice.

274

00:29:27.700 --> 00:29:30.929

Susanna Barkataki (she/her): and I might have talked about this before.

275

00:29:31.910 --> 00:29:34.549

Susanna Barkataki (she/her): but I think it can always be useful

276

00:29:37.560 --> 00:29:40.509

Susanna Barkataki (she/her): for me vulnerability is really connected to power.

277

00:29:40.810 --> 00:29:45.830

Susanna Barkataki (she/her): and the relationship that that i'm in. So if I call it my best friend

278

00:29:45.990 --> 00:29:48.620

Susanna Barkataki (she/her): and and and also consent.

279

00:29:48.790 --> 00:29:53.480

Susanna Barkataki (she/her): So i'm always considering like what's the the relationship? And then

280

00:29:53.600 --> 00:29:57.959

Susanna Barkataki (she/her): do I have consent to be vulnerable. And what's the impact going to be

281

00:29:58.160 --> 00:30:10.729

Susanna Barkataki (she/her): so with my best friend. I might call her up or them up and say, hey, i'm feeling vulnerable, and everybody left to talk something through with you. Do you have time or text them and say, Can we set a time, you know. So there's consent there

282

00:30:10.810 --> 00:30:17.449

Susanna Barkataki (she/her): for me to share, and in that environment I'd share fully, completely and freely as long as they gave me consent

283

00:30:17.480 --> 00:30:21.060

Susanna Barkataki (she/her): with my therapist. Same thing fully, completely.

284

00:30:21.340 --> 00:30:22.630

Susanna Barkataki (she/her): and

285

00:30:24.130 --> 00:30:27.980

Susanna Barkataki (she/her): with my partner, you know fully, completely right

286

00:30:28.190 --> 00:30:29.220

Susanna Barkataki (she/her): in

287

00:30:29.280 --> 00:30:38.039

Susanna Barkataki (she/her): a classroom setting, or in a relationship where i'm a mentor, or even in a relationship where there's there's a power dynamic that you know

288

00:30:38.190 --> 00:30:45.990

Susanna Barkataki (she/her): where maybe i'm older or have you know, some kind of like social location that might make

289

00:30:46.610 --> 00:30:47.940

Susanna Barkataki (she/her): the dynamic

290

00:30:48.050 --> 00:30:58.739

Susanna Barkataki (she/her): one where I have power over the other person, intentionally or unintentionally, I'll also ask for consent. But I'm usually like in a teaching relationship.

291

00:30:58.790 --> 00:31:02.799

Susanna Barkataki (she/her): considering always how is what i'm sharing.

292

00:31:02.880 --> 00:31:17.249

Susanna Barkataki (she/her): landing with that person or those people, how is it ultimately benefiting them. And so I won't share from the wound in in a classroom setting, or in a mentorship setting, I would only share from

293

00:31:17.340 --> 00:31:22.409

Susanna Barkataki (she/her): it's like a a phrase sharing from the scar. Not the wound right? I might share from something that's happened

294

00:31:23.070 --> 00:31:30.360

Susanna Barkataki (she/her): not the whole story, because that's not. It's sometimes really overwhelming for people to hear the whole story. But aha! Or the insight.

295

00:31:31.840 --> 00:31:39.019

Susanna Barkataki (she/her): So i'm looking at those things and considering those things while I share. Now that said.

296

00:31:41.230 --> 00:31:49.039

Susanna Barkataki (she/her): For example, today i'm feeling really good and grounded and centered, and so I didn't need to come on and say, hey, everyone! I'm going through this right

297

00:31:49.080 --> 00:32:04.480

Susanna Barkataki (she/her): I will, though, in a group, if i'm going through something, or I'm having a bad day, or i'm just feeling a a kind of way, I will let the classroom know where the students know, because people can feel our energies. Anyway.

298

00:32:04.490 --> 00:32:16.130

Susanna Barkataki (she/her): I won't. Go into the story like, say, this didn't happen, but it has for me in the past. I still remember like going into school, and I used to teach fifth and sixth grade or high school, and i'd say, had a a fight with a partner.

299

00:32:16.390 --> 00:32:27.309

Susanna Barkataki (she/her): I was feeling terrible, you know, like really not good. And I remember starting the day, and I taught for a second through this, and when I was teaching high school for a second third period, and my classes were like

300

00:32:27.450 --> 00:32:36.950

Susanna Barkataki (she/her): confrontational edgy, they would be, You know this disruption that i'm like what is going on. And finally, you know, after the break, it's like, oh, right.

301

00:32:37.080 --> 00:32:41.999

Susanna Barkataki (she/her): it's me. And so fourth year you came, and I was like, hey, everyone

302

00:32:42.240 --> 00:33:04.920

Susanna Barkataki (she/her): I had a I had some stuff go on in my personal life. I had an argument with someone important to me. You know

everyone can relate to that. I'm not telling them the whole story. Just had an argument with someone important to me. And so, if you see a look on my face, or you. You feel like I'm a little grumpy. That's why it's not about you. But, hey, let's get into Shakespeare and or whatever American history, whatever. We were studying.

303

00:33:06.010 --> 00:33:11.589

Susanna Barkataki (she/her): Fourth, fifth, and sixth period were amazing, because guess what

304

00:33:11.750 --> 00:33:15.879

Susanna Barkataki (she/her): everyone your students nice to like. We want to support

305

00:33:16.030 --> 00:33:21.529

Susanna Barkataki (she/her): the people that we're in relationship with for the most part right, not everyone, but most of my students.

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00:33:21.690 --> 00:33:24.249

Susanna Barkataki (she/her): They were like, oh, she's human.

307

00:33:24.270 --> 00:33:31.749

Susanna Barkataki (she/her): I had a fight, you know, with my like. And so then they tried. But listen. They raised their hands. We had the best discussions ever.

308

00:33:31.870 --> 00:33:38.530

Susanna Barkataki (she/her): and so vulnerability in that way, I think, can be incredibly effective because it's modeling.

309

00:33:38.900 --> 00:33:40.039

Susanna Barkataki (she/her): We're human.

310

00:33:40.690 --> 00:33:42.230

Susanna Barkataki (she/her): It's modeling that

311

00:33:42.410 --> 00:33:49.789

Susanna Barkataki (she/her): just like you. I can have challenging days and moments. I can not be so emotionally regulated. But

312

00:33:49.860 --> 00:33:50.630

Susanna Barkataki (she/her): i'm

313

00:33:50.710 --> 00:33:58.709

Susanna Barkataki (she/her): taking that step to not put the dysregulation on the people that i'm responsible for caring for. So

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00:33:58.800 --> 00:34:06.310

Susanna Barkataki (she/her): all of this to say, I think vulnerability is really important, and for me it just comes back to considering

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00:34:06.350 --> 00:34:08.569

Susanna Barkataki (she/her): power and

316

00:34:09.500 --> 00:34:10.520

Susanna Barkataki (she/her): an impact.

317

00:34:10.780 --> 00:34:22.040

Susanna Barkataki (she/her): So I want to invite you in. If you'd like to say share Centro or anyone else who has thoughts. And I have not looked at the chat. Yes, okay. So would you like to share on this.

318

00:34:27.949 --> 00:34:28.699

Okay.

319

00:34:33.050 --> 00:34:34.069

Susanna Barkataki (she/her): back

320

00:34:34.400 --> 00:34:36.069

Susanna Barkataki (she/her): and stina. Yes.

321

00:34:39.540 --> 00:34:42.500

Constina: hi! Can you hear me? Yes, yes.

322

00:34:42.560 --> 00:34:46.290

Constina: great. I love this question.

323

00:34:46.530 --> 00:34:49.229

Constina: It's so easy to, at least for me

324

00:34:49.469 --> 00:34:50.870

Constina: to overshare.

325

00:34:51.090 --> 00:34:52.970

Constina: you know, at any given time.

326

00:34:53.199 --> 00:34:55.359

Constina: because we just want to be heard.

327

00:34:56.889 --> 00:35:04.410

Constina: And I I love how you define vulnerability as a way of

328

00:35:04.640 --> 00:35:07.349

sharing our human side.

329

00:35:07.530 --> 00:35:19.579

Constina: not the expectations of what people have upon us, or what our past dictates to us, but like where we are today, like right now, and

330

00:35:19.770 --> 00:35:24.110

Constina: it's, and and it connects with people in the authentic way.

331

00:35:25.380 --> 00:35:28.179

Constina: I'll like, in terms of

332

00:35:28.460 --> 00:35:40.219

Constina: speaking to a class Today I was teaching a class, and at the end. Everybody was feeling very like, you know, really really in that.

333

00:35:40.440 --> 00:35:50.680

Constina: And somebody had mentioned they were like, oh, you know, this class is great. I did not realize how you'll be so great when I don't have a yoga body.

334

00:35:51.500 --> 00:36:01.409

Constina: And when she mentioned that I said, Hmm, and I I I I struggled with. How much do I share with myself and how my body has changed.

335

00:36:01.570 --> 00:36:15.989

Constina: And then I I decided to focus on one thing: my phone, which i'm having some arthritic all related kind of things going on. And I mentioned, I said, You know it, said Yoga is for everyone.

336

00:36:16.010 --> 00:36:18.510

Constina: I said the Western

337

00:36:18.650 --> 00:36:30.729

Constina: you know. Version of it is all about type bodies and selling the look and selling the merchandise. But it's really about who we are inside. And I said, if I

338

00:36:30.930 --> 00:36:35.350

Constina: and I said, my thumb right now is causing me a lot of pain.

339

00:36:35.680 --> 00:36:40.210

Constina: But i'm not going to let that stop me from doing what I need to do.

340

00:36:40.270 --> 00:36:59.890

Constina: and the same thing with other people. You know their perspective on who they are. So Once she heard that she just was like. Yes, yes, she was like. My hips are much larger, and this and this and this, and I was just, you know it was a a bit of connection in that sense, and I think that that surface level of vulnerability

341

00:36:59.900 --> 00:37:04.180

Constina: allowed, you know, the practitioner to feel

342

00:37:04.320 --> 00:37:08.830

Constina: open and sharing what she was going through, and

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00:37:08.890 --> 00:37:10.370

Constina: hopefully she'll return.

344

00:37:10.620 --> 00:37:13.049

Constina: Hmm. So I just wanted to share that.

345

00:37:13.490 --> 00:37:16.239

Susanna Barkataki (she/her): Thank you so much for sharing that.

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00:37:16.540 --> 00:37:33.399

Susanna Barkataki (she/her): Yeah, when we can make that human to human connection. It's so powerful. It's so powerful, and I do think, especially with things like ability. You know, body, size, injury, it can be so affirming to hear from a teacher.

347

00:37:33.410 --> 00:37:45.239

Susanna Barkataki (she/her): you know I have this challenge, or I'm going through this or I'm, you know, modifying my practice in this way, because I can't like right now down dog for me is is modified because of recover healing my wrist

348

00:37:45.370 --> 00:38:04.809

Susanna Barkataki (she/her): much longer, that I wanted it to take right, and so i'll share that. But i'm not sharing from the the part, and I do have these moments. But I take them to my journal right or to my friends like that so frustrating like, oh, I wouldn't come to a class and be in teaching as an or or yoga, and be like i'm so frustrated

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00:38:04.860 --> 00:38:21.610

Susanna Barkataki (she/her): unless a student was like, i'm so frustrated to be like, yeah, me, too. But in in a way, it's like turning our life experiences into teaching lessons right and and some of you might hear that, and i'm not saying bypass your own experience. It's not what i'm saying.

350

00:38:21.620 --> 00:38:38.780

Susanna Barkataki (she/her): because I do allow myself to go and have the space to fully be in the emotion and to process and to grieve, and all of that. But if i'm in a teaching role, and I share a story or an experience. It's a just like you did, which is to connect and to help them see they're not alone.

351

00:38:38.930 --> 00:38:44.190

Susanna Barkataki (she/her): and and I think vulnerability in those ways is so empowering for people.

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00:38:44.650 --> 00:38:47.770

Susanna Barkataki (she/her): and can make connections that we can't otherwise.

353

00:38:48.300 --> 00:39:00.440

Susanna Barkataki (she/her): Now we have a question that's like on the exact flip side. So what do you do? I'm: so. I I love this, too. We'd love your insights on how to handle a situation

354

00:39:00.450 --> 00:39:15.310

Susanna Barkataki (she/her): with folks who are not a fit for your trainings. For example, students who are unwilling to discuss white supremacy and resistant to having meaningful and necessary conversations about social justice and anti-ism as yoga.

355

00:39:15.500 --> 00:39:28.749

Susanna Barkataki (she/her): I would love to hear. I would also I would love to also hear how you might handle needing to remove a student from a training. We recently went through this, and while I have support, I would really love your insight and guidance as one of my teachers. Yes.

356

00:39:30.560 --> 00:39:39.429

Susanna Barkataki (she/her): so a few things on this and for longer trainings. Let me see if I can pull it up.

357

00:39:41.500 --> 00:39:43.229

Susanna Barkataki (she/her): What we do

358

00:39:43.480 --> 00:39:44.839

Susanna Barkataki (she/her): is

359

00:39:44.860 --> 00:39:49.380

Susanna Barkataki (she/her): we have an application, and I've started to do this for

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00:39:49.810 --> 00:39:52.729

Susanna Barkataki (she/her): for my retreat as well.

361

00:39:52.970 --> 00:40:02.760

Susanna Barkataki (she/her): and I'm just gonna show you so you can see. I sometimes think it's it's helpful to just see the thing.

362

00:40:03.130 --> 00:40:15.130

Susanna Barkataki (she/her): So this is like my back end settings, but it asks like. For example, Are you a person of color? We ask, because we create these different pathways share relevant aspects of your identity.

363

00:40:15.660 --> 00:40:26.589

Susanna Barkataki (she/her): Questions pertinent to the topic right with spect. Your interest in like, say you're running a in training, or you'll be Ninja training, or you know whatever I ask questions that help me understand

364

00:40:26.830 --> 00:40:35.130

Susanna Barkataki (she/her): where folks are at on their journey. What does the colonizing Yoga or on this mean to You See how open ended that is. Where are you at

365

00:40:35.140 --> 00:40:50.759

Susanna Barkataki (she/her): on your journey, or where are you on your journey with equity and social justice? Describe and list one to 3 educational resources that have been helpful for you. This tells me a lot, too right it, and it also helps me know what kind of background learning folks have.

366

00:40:50.770 --> 00:40:56.240

Susanna Barkataki (she/her): and then any other important info. So this is huge.

367

00:40:57.000 --> 00:40:59.779

We get so much

368

00:40:59.810 --> 00:41:10.419

Susanna Barkataki (she/her): information ahead of time, and you can see it. You probably saw that that was just one training. We had a lot of applications. We can't let everyone in, and so

369

00:41:10.600 --> 00:41:21.150

Susanna Barkataki (she/her): we do let people know if they are fit or not a fit, and we can often tell. Now sometimes folks come through or come into a training that aren't a fit. It does happen.

370

00:41:21.230 --> 00:41:22.410

Susanna Barkataki (she/her): and

371

00:41:24.300 --> 00:41:31.470

Susanna Barkataki (she/her): I will, trying to think I don't think it's happened in my online trainings. But it has happened in my in person trainings

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00:41:32.410 --> 00:41:34.400

Susanna Barkataki (she/her): that we've counseled someone out.

373

00:41:34.460 --> 00:41:36.040

Susanna Barkataki (she/her): and the way

374

00:41:36.360 --> 00:41:53.229

Susanna Barkataki (she/her): that we did that was through setting up a one on one conversation with the person, and then talking about the their values and what they were looking for. I think it's a very specific and very case by case. In a way. In this case.

375

00:41:53.530 --> 00:42:04.130

Susanna Barkataki (she/her): the person what felt unhappy that I was talking about racial justice, and felt like it was interfering in their ability to learn about Yoga. And so it was like

376

00:42:04.230 --> 00:42:20.460

Susanna Barkataki (she/her): These are the values of the training, you know. We're not intending to exclude you and those values, Aren't changing. But you seem to have different values, and that's great. This might not be a fit, You know. What do you think I can recommend? Xyz. Other trainings.

377

00:42:20.470 --> 00:42:35.889

Susanna Barkataki (she/her): and in that person's case, and in any case. If it was a a mismatch of values, I would give a full refund, even though our program says, you know, no refunds after whatever the first week or something, because

378

00:42:36.600 --> 00:42:39.560

Susanna Barkataki (she/her): when it's a a mismatch of values.

379

00:42:40.410 --> 00:42:50.339

Susanna Barkataki (she/her): I. This is also just a personal kind of a personal choice. It doesn't feel like the right thing to take money from someone whose values don't

380

00:42:50.350 --> 00:43:16.769

Susanna Barkataki (she/her): support what i'm doing, You know. I want them to feel I want there to be like cleanness and clarity. If I could give a refund right like a acknowledging that for some people when you do programs like you say no refunds, and you stay to that, and you need that that money right? So i'm gonna pause there because I've said a lot of things. Yes, Emily says, have had seen this happen a few times in my home studio.

381

00:43:16.780 --> 00:43:27.720

Susanna Barkataki (she/her): Unfortunately, we've always gone back to be stating our values. Yeah, having those values really clear and probably public. I think I could do a better job even of having like our values

382

00:43:27.880 --> 00:43:46.730

Susanna Barkataki (she/her): out front before you even pay right before you sign up. So you know what you're getting into and sharing that sometimes folks aren't in alignment. With that they may also not know right, like they may think they are. But then the practice the practice of it. They're like, oh, this was I was not bargaining for that.

383

00:43:46.760 --> 00:43:51.839

Susanna Barkataki (she/her): It doesn't mean, we're going to compromise those values. Yeah, we're stop having these important situations.

384

00:43:52.010 --> 00:43:55.739
Does it feel true to?

385

00:43:56.310 --> 00:43:58.339
Susanna Barkataki (she/her): This is an important question.

386

00:43:58.640 --> 00:44:03.049
Susanna Barkataki (she/her): is it? This goes to Collie? It's like.

387

00:44:04.850 --> 00:44:06.049
Susanna Barkataki (she/her): I remember

388

00:44:06.270 --> 00:44:08.250
Susanna Barkataki (she/her): hearing people say something like.

389

00:44:09.290 --> 00:44:14.480
Susanna Barkataki (she/her): If your beliefs don't support my like living.

390

00:44:14.870 --> 00:44:22.429
Susanna Barkataki (she/her): Say as a queer person or trans person, or a person of color like that Isn't: okay. And I don't want to stay in relationship with you.

391

00:44:23.630 --> 00:44:28.149
Susanna Barkataki (she/her): Yes, I feel that way about friends, about colleagues

392

00:44:28.540 --> 00:44:30.879
Susanna Barkataki (she/her): with someone who has paid me

393

00:44:31.010 --> 00:44:37.879
Susanna Barkataki (she/her): to be in a program, and then they realize their values are a mismatch. What I'm really looking to do honestly is like.

394

00:44:38.220 --> 00:44:55.419
Susanna Barkataki (she/her): counsel them out in the smoothest way possible. Not change their mind right like the change. Their mind might be a conversation down down the way. But the reason why it becomes tricky to try to change their mind while I have their money is for them. It could be a manipulation.

395

00:44:55.740 --> 00:44:58.820

Susanna Barkataki (she/her): And so in that moment it's just

396

00:44:58.960 --> 00:45:08.469

Susanna Barkataki (she/her): sort of like, Thank you much Respect like. Go be on your way like Be well, and you don't need to be in the program. So

397

00:45:10.890 --> 00:45:28.290

Susanna Barkataki (she/her): it's messy right like you can probably even see for my answers like it's case by case situational. We try to listen. We definitely try to get on the phone with someone as opposed to do it over email because there's a lot of miscommunication that can happen over email or text and

398

00:45:28.450 --> 00:45:31.470

Susanna Barkataki (she/her): try to leave with there being resolution

399

00:45:31.490 --> 00:45:36.069

Susanna Barkataki (she/her): and be okay with their not being resolution, but having having

400

00:45:36.330 --> 00:45:40.359

Susanna Barkataki (she/her): people get what they need. I'd love to hear if anyone wants to speak on this.

401

00:45:43.370 --> 00:45:45.030

Susanna Barkataki (she/her): Yes, Nicole.

402

00:45:45.700 --> 00:45:59.520

Nichole BPN (she/her): Hi, yeah. I especially the colleagues. My, I actually I don't think you have to say that it's great to have different values, like the original question mentioned, like white supremacy, right? It's not great to

403

00:45:59.530 --> 00:46:17.089

Nichole BPN (she/her): have that as a value. And so I don't think you have to feel like you have to say that I think one of the things that I know I do in like my workshops and classes, and that you have done in your classes is usually

404

00:46:17.100 --> 00:46:21.409

Nichole BPN (she/her): starting with, like the container values and agreements.

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00:46:21.420 --> 00:46:47.779

Nichole BPN (she/her): and I think to the extent you can start with community agreements and make sure that one of your community agreements talks about social justice in the way that you value it. That is a way to say, like we. We set this expectation from the beginning, and we asked you to agree, and you agreed. And if you didn't understand what it meant then okay, now's the time for you to leave.

406

00:46:47.790 --> 00:46:54.889

Nichole BPN (she/her): but otherwise, like i'm asking you to continue living in alignment with the agreement that you made.

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00:46:54.900 --> 00:47:10.440

Nichole BPN (she/her): and I I think that as long as you're clear and upfront about that, like I I wouldn't give a refund like, I mean, I think it's really gracious of you. I am a not at a place I can but be, if i'm very like, very

408

00:47:10.450 --> 00:47:25.489

Nichole BPN (she/her): forward about. This is what social justice means and looks like. And when you agree, this is the work that you're doing and it's not comfortable work. And so if you've agreed to do it, then, you know, I think part of

409

00:47:25.500 --> 00:47:41.550

Nichole BPN (she/her): i'm forgetting the the Sanskrit word, but part of it is also accountability, and so like, I think those 2 values go hand in hand. And so that's kind of the way I address those situations.

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00:47:43.210 --> 00:47:48.149

Susanna Barkataki (she/her): Yes, thank you so much, Nicole. That's really really clear.

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00:47:49.520 --> 00:48:09.490

Susanna Barkataki (she/her): And we do. I think, when you have those guidelines kind of upfront, it can be helpful to say, here's the guidelines of the container. If you want to open up and say, is there anything you know? If it's a let's say a workshop, or a training that's going for 6 weeks or half a year, or whatever that you would like to add. And then, if they don't, add

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00:48:09.500 --> 00:48:18.309

Susanna Barkataki (she/her): anything they've you know, and even if they do or Don't, they, they, the participants, can sent and ascent to those

413

00:48:18.950 --> 00:48:31.640

Susanna Barkataki (she/her): to those agreements, so that can be really helpful. I would do that often to get by in in the classroom all these great classroom agreements at the beginning of the year, and then we could just point back to them. So there's some agency there

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00:48:33.260 --> 00:48:35.149

Susanna Barkataki (she/her): a and counseling out.

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00:48:35.640 --> 00:48:38.760

Susanna Barkataki (she/her): I think again, it's like there's so much

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00:48:39.400 --> 00:48:58.580

Susanna Barkataki (she/her): doing it in alignment with yogic values, with Satya with the himself, with that clarity, whatever your decisions are, as to to how you, how you counsel folks out, and then, having support, is helpful, and remembering that there is.

417

00:48:59.030 --> 00:49:10.640

Susanna Barkataki (she/her): in a way it's inevitable right in the first years of running trainings back on my teacher trainings where 6 people, 8 people, Often there'd be one person who would need to leave the training.

418

00:49:10.650 --> 00:49:24.610

Susanna Barkataki (she/her): and when trainings now, you know, they've ranged in size but 30, 6,020. There'll be some percentage of folks who need to leave the training, and for one reason or another, and

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00:49:25.550 --> 00:49:33.100

Susanna Barkataki (she/her): so there's an inevitability to it. So in that way, preparing yourself and having you know the the clear terms upfront

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00:49:33.200 --> 00:49:53.069

Susanna Barkataki (she/her): the kind of so we call it, like standard of practice. Whatever your practice is going to be, so it doesn't feel so personal, and it doesn't feel like you're you've done something wrong, or that that there's that it's, you know, knowing that it just happens, and and having those procedures in place, and then, having support for you people, you you can talk to.

421

00:49:53.600 --> 00:49:59.409

Susanna Barkataki (she/her): Yeah, I try to be non-judgmental and compassionate for where each person is. Yes.

422

00:50:00.210 --> 00:50:01.830
okay.

423
00:50:02.030 --> 00:50:04.299
Susanna Barkataki (she/her): Next question

424
00:50:05.910 --> 00:50:07.919
Susanna Barkataki (she/her): I recently played.

425
00:50:08.340 --> 00:50:14.169
Susanna Barkataki (she/her): Get then, and I'm going to ask you. I think you said yes, you're up for talking. Yes.

426
00:50:14.730 --> 00:50:15.819
Susanna Barkataki (she/her): season to

427
00:50:15.840 --> 00:50:32.930
Susanna Barkataki (she/her): share a little more because I have a clarifying question about this. I recently played played Kit, then at 2 Shivananda Yog astronom. The issue of sexual innuendo is addressed upfront, and the literature points to the body's desires as evil, and my experience, sexual and central pleasure, are divine gifts.

428
00:50:33.190 --> 00:50:47.939
Susanna Barkataki (she/her): Yet I know that abuse of power has occurred again and again in yoga communities. I'm wondering what your take is on this. And so my question for you. Maybe you can clarify, but it sounds like you're saying some. Some yoga lineages

429
00:50:48.220 --> 00:50:49.609
Susanna Barkataki (she/her): talk about

430
00:50:51.970 --> 00:50:58.349
Susanna Barkataki (she/her): desire and sexual science, central pleasure in a way that's really restrictive.

431
00:50:58.430 --> 00:51:16.709
Susanna Barkataki (she/her): And yet, though I mean in the case of even under those same lineages, have abuses of power. And so are you asking like, is there a connection between the way we're talking about it, or how I how I think about so can you clarify your question? This is a great question.

432
00:51:17.500 --> 00:51:22.199

Susan Shloss (she/her): Yeah, I guess the question that's been mulling around for me is

433

00:51:23.870 --> 00:51:27.200

Susan Shloss (she/her): couldn't part of the conversation be

434

00:51:28.130 --> 00:51:33.280

Susan Shloss (she/her): our sexuality is a divine gift, and in this environment we are practicing bromacharia.

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00:51:33.390 --> 00:51:35.570

Susan Shloss (she/her): You know. It's like just

436

00:51:36.160 --> 00:51:39.790

Susan Shloss (she/her): for some like, Where does that come from? That total

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00:51:40.570 --> 00:51:41.930

Susan Shloss (she/her): repression.

438

00:51:43.730 --> 00:51:44.629

you know.

439

00:51:44.900 --> 00:51:45.850

Susanna Barkataki (she/her): Yes.

440

00:51:46.560 --> 00:51:48.100

Susanna Barkataki (she/her): yeah.

441

00:51:51.910 --> 00:51:53.669

Susanna Barkataki (she/her): It's a mix of things.

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00:51:53.710 --> 00:51:56.099

Susanna Barkataki (she/her): And historically.

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00:51:56.970 --> 00:51:59.340

Susanna Barkataki (she/her): when we go back thousands of years

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00:52:00.550 --> 00:52:06.719

Susanna Barkataki (she/her): there was a practice of tas that was around, disconnecting ourselves from the body like

445

00:52:06.750 --> 00:52:08.510

Susanna Barkataki (she/her): literal.

446

00:52:09.980 --> 00:52:23.120

Susanna Barkataki (she/her): you know, penance or or practices that were like I for getting the word, but the way that means where you like like harm your body, in order to transcend it in order to experience detachment from it.

447

00:52:23.190 --> 00:52:34.429

Susanna Barkataki (she/her): And there was even back then, also framing. And you'll get contact. Some yoga context. Not all that central pleasure and desire was a distraction from liberation.

448

00:52:34.730 --> 00:52:36.439

Susanna Barkataki (she/her): There also were

449

00:52:37.360 --> 00:52:55.830

Susanna Barkataki (she/her): schools and lineages and teachings right? We think it's like one line, and i'm broken line of Yoga, but it's it's all this web of different practices and different languages. There were also lineages and traditions that increased central pleasure, and that embrace the senses. And it said, we are, you know, maybe not in this exact

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00:52:55.840 --> 00:52:59.709

Susanna Barkataki (she/her): wording, but we are embodied. So we need to embrace that and work with that.

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00:52:59.850 --> 00:53:01.319

Susanna Barkataki (she/her): And so I think what?

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00:53:01.370 --> 00:53:15.080

Susanna Barkataki (she/her): My take on where we're at today in the West is some combination of the the pen and side. That's the word pennant side of Yoga austerities combined with a Judeo Christian kind of

453

00:53:15.350 --> 00:53:21.399

Susanna Barkataki (she/her): like guilt based shame, based religious belief system that came together

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00:53:21.530 --> 00:53:24.020

Susanna Barkataki (she/her): in a way that

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00:53:24.560 --> 00:53:33.400

Susanna Barkataki (she/her): causes a lot of confusion, I think, in in more contemporary traditions that are that are lineage based because one

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00:53:33.820 --> 00:53:43.659

Susanna Barkataki (she/her): there's still those messages of pushing away. But we know, I think, often now we also have a lot more recent research

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00:53:43.980 --> 00:53:51.130

Susanna Barkataki (she/her): from the like psychology and and sociology, that it doesn't work to do that.

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00:53:51.190 --> 00:53:53.810

Susanna Barkataki (she/her): And yet these traditional

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00:53:54.190 --> 00:54:02.439

Susanna Barkataki (she/her): schools, and let me just Haven't necessarily caught up or understand that. And I think there's a lot of tension there, and

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00:54:02.700 --> 00:54:10.410

Susanna Barkataki (she/her): and strength and and so, when they're not directly addressing or embracing central pleasure or like desire.

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00:54:11.100 --> 00:54:28.019

Susanna Barkataki (she/her): then it can get turned into something abusive. So it's kind of that same thing on vulnerability right? It's like looking at power, addressing what's there, not making it bad in any way, but acknowledging that people may have different experiences and different ways they want to relate.

462

00:54:28.060 --> 00:54:40.269

Susanna Barkataki (she/her): But our traditional yoga lin uses are, I would say, on the whole, pretty poor at that in in the West and in India today, because they haven't quite caught up with that

463

00:54:40.740 --> 00:54:58.320

Susanna Barkataki (she/her): like a more laboratory. I think of Adrian rebound right and pleasure activism like where we're saying, we are embodied. We are here. We there are sense gates, and we don't have to completely cut them off or close them. We can utilize them as doorways to liberation.

464

00:54:58.440 --> 00:55:00.689

So i'm curious if that's

465

00:55:00.930 --> 00:55:02.129

Susanna Barkataki (she/her): if that's helpful.

466

00:55:03.230 --> 00:55:10.180

Susan Shloss (she/her): Yeah. And and i'm Also, that's very helpful, especially the pen and side of it. That's

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00:55:10.340 --> 00:55:15.130

Susan Shloss (she/her): and also that you do a Christian guilt chain piece makes total sense.

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00:55:15.460 --> 00:55:21.280

Susan Shloss (she/her): And I I wonder, like with when people choose to, you know, become a monk.

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00:55:21.970 --> 00:55:23.709

Susan Shloss (she/her): if it would be helpful

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00:55:23.930 --> 00:55:25.060

Susan Shloss (she/her): if they were.

471

00:55:25.080 --> 00:55:30.999

Susan Shloss (she/her): you know, supported in just exploring their own sexuality rather than trying to pretend it's not there.

472

00:55:31.110 --> 00:55:31.919

Right?

473

00:55:32.940 --> 00:55:33.959

Susanna Barkataki (she/her): Yeah.

474

00:55:34.020 --> 00:55:36.409

Susanna Barkataki (she/her): yeah, it's it's a

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00:55:36.700 --> 00:55:39.500

Susanna Barkataki (she/her): for me what I look for in

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00:55:39.910 --> 00:55:56.479

Susanna Barkataki (she/her): organizations when I join or go in is that they have, like clear consent policies, clear sexual harassment policies,

and the messaging around body essential pleasure, those types of things, because if it is, if there's no clear harassment policy and

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00:55:56.490 --> 00:56:01.319

Susanna Barkataki (she/her): and no clear consent based policy, and they're demonizing

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00:56:01.940 --> 00:56:04.439

Susanna Barkataki (she/her): like central experience

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00:56:04.600 --> 00:56:08.780

Susanna Barkataki (she/her): for me, that's a red flag and and an organization that I wouldn't

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00:56:09.060 --> 00:56:32.909

Susanna Barkataki (she/her): say, go take a training with, or go attend a retreat in person, because I wouldn't feel like they've really done that work. And so a lot of organizations are working on that. You know, for example, even ones that have had problems in the past. Now i'm not saying they're perfect. I'll use an example of Kropalu, who had a huge sexual abuse. Scandal. I I don't remember what decade. I think it was seventies or eighties, maybe nineties.

481

00:56:32.990 --> 00:56:43.560

Susanna Barkataki (she/her): but they address it. They have it up on their site. They talk about it directly, and they have things in place to try to not perpetuate the culture that was created

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00:56:43.570 --> 00:57:06.289

Susanna Barkataki (she/her): by that abuse. Again. Not perfect right? I actually never been there. I'm going there for the first time this year. So not a not condoning, but just using that as an example as opposed to right. Now, Shivananda has not addressed, and is not taking active steps to to change the structures based on the abuse that happen in that that lineage.

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00:57:07.870 --> 00:57:21.600

Susanna Barkataki (she/her): Yeah. So there's there's a lot there that I I think it's important that we look for. And when we're creating our own cultures we get to decide that right, like, Put the sexual harassment clause or the consent based clause

484

00:57:21.610 --> 00:57:38.389

Susanna Barkataki (she/her): in there. Just this conversation is helping me Think of my values upfront. You know my consent clauses upfront all of those things much more prominent, so hopefully, for all of us we can. We

can think on that and bring that in the communities where we are, the ones we're creating.

485

00:57:38.440 --> 00:57:41.610

Susanna Barkataki (she/her): You have 2 more questions and a really big lunch.

486

00:57:41.920 --> 00:57:43.620

Susanna Barkataki (she/her): Yes, you're welcome.

487

00:57:47.880 --> 00:57:49.769

Susanna Barkataki (she/her): Yeah. So

488

00:57:50.610 --> 00:57:58.810

Susanna Barkataki (she/her): there's a question about systemic change and the certification process. I'm gonna come back to that one, because there's another question about

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00:57:58.860 --> 00:58:08.960

Susanna Barkataki (she/her): being white and teaching Yoga at all. And then someone else had that same question. So let me ask.

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00:58:09.370 --> 00:58:19.560

Susanna Barkataki (she/her): do I? The question is, basically do you think it's okay for white people to be teaching yoga? And i'll open this up for folks to chime in as well? What about martial arts.

491

00:58:21.470 --> 00:58:22.629

Susanna Barkataki (she/her): And

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00:58:24.180 --> 00:58:25.240

Susanna Barkataki (she/her): then

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00:58:25.570 --> 00:58:31.549

Susanna Barkataki (she/her): the other aspect to this question, showing up as a white ally agitator in a mostly white yoga studio.

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00:58:31.940 --> 00:58:38.129

Susanna Barkataki (she/her): I think the curators are done with me, but I want to keep challenging the power dynamics. So so the first question of

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00:58:38.340 --> 00:58:41.240

Susanna Barkataki (she/her): what do I think? Is it okay to teach Yoga

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00:58:41.390 --> 00:58:42.699

Susanna Barkataki (she/her): as a white person.

497

00:58:42.760 --> 00:58:59.240

Susanna Barkataki (she/her): I'm gonna give you my opinion. If we were just on a podcast or something, i'd say, what do you think it's like? I put it back on you, and that ultimately, I do think only you can answer that question. I can't answer it for you. I will give you my my belief. So

498

00:58:59.810 --> 00:59:02.880

Susanna Barkataki (she/her): I really truly believe Yoga came through

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00:59:03.060 --> 00:59:14.040

Susanna Barkataki (she/her): to all of us. It didn't come to any one person. Yes, we came through in the Indus River Valley and the S. Our sweaty River Valley, and was codified and cultivated there. And yes, we need to acknowledge that.

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00:59:14.360 --> 00:59:29.989

Susanna Barkataki (she/her): But it it doesn't belong to any one group anyone person, any one religion. It is a practice that is here for complete liberation of all beings. So yes, and quite folks or anyone can teach Yoga. I also personally believe that

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00:59:30.620 --> 00:59:49.830

Susanna Barkataki (she/her): energetically or actually, we've had many different experiences. So whether you believe in reincarnation or not, my my take on it is we've we I feel like we've been here in different forms. Right? So it doesn't make sense to say in this form, you know, if you come in as a white person. This person you shouldn't do this liberatory thing.

502

00:59:50.250 --> 00:59:50.839

Okay.

503

00:59:51.040 --> 00:59:52.009

Susanna Barkataki (she/her): And

504

00:59:52.340 --> 01:00:04.390

Susanna Barkataki (she/her): in my ideal world all white folks who are teaching yoga would be acknowledging the roots of Yoga would have a power analysis. We'd be working as an agitator and ally. So

505

01:00:04.730 --> 01:00:08.120

Susanna Barkataki (she/her): that's my my take on that.

506

01:00:08.440 --> 01:00:09.560

Susanna Barkataki (she/her): And then

507

01:00:10.610 --> 01:00:12.000

Susanna Barkataki (she/her): I also think

508

01:00:12.300 --> 01:00:22.060

Susanna Barkataki (she/her): we need to center folks of color. We need to uplift South Asian folks right? It's both can be true and and as why allies, as

509

01:00:22.700 --> 01:00:25.240

Susanna Barkataki (she/her): as people doing this work. It's like.

510

01:00:25.990 --> 01:00:34.300

Susanna Barkataki (she/her): I remember getting to the end of one teacher training, and it was like, who is ready to go teach all the hands of the white students went up.

511

01:00:34.840 --> 01:00:40.460

Susanna Barkataki (she/her): Who's feeling nervous about teaching, and isn't planning on Teach pretty much all the folks of colors hands on app.

512

01:00:40.900 --> 01:00:44.949

Susanna Barkataki (she/her): and it's like, Wow! We've been in the same training.

513

01:00:45.220 --> 01:00:47.100

Susanna Barkataki (she/her): We've done practice to get it.

514

01:00:47.150 --> 01:00:57.629

Susanna Barkataki (she/her): What is happening here like it's almost like we needed a billboard to say to the the white folks in the training like, Slow down, what can you do to uplift these folks who

515

01:00:57.650 --> 01:01:02.249

Susanna Barkataki (she/her): got to the end of the training and are like oh, i'm not ready. I don't have what it takes I

516

01:01:02.390 --> 01:01:14.640

Susanna Barkataki (she/her): right? And so, and for the folks of color to billboard like you're ready. You have what it takes. Please teach. So keeping those things in mind is really important, whatever our identity.

517

01:01:17.070 --> 01:01:17.990

Susanna Barkataki (she/her): Okay.

518

01:01:18.000 --> 01:01:39.449

Susanna Barkataki (she/her): yes. So opening up to, I know we're at time, but I wanna just take a second to invite folks to type in the chat. If you have any thoughts on this, and maybe take 1 one comment, and we can come back next time to talk more, because there's a lot more. And this is tied to the credential in question, too. No one should be gatekeeping right. Who who can be

519

01:01:39.460 --> 01:01:47.190

Susanna Barkataki (she/her): a yoga teacher, and also making it so narrow. But but that's what we have with yoga lines. So

520

01:01:47.540 --> 01:01:49.389

Susanna Barkataki (she/her): any any thoughts.

521

01:01:50.390 --> 01:01:51.979

Susanna Barkataki (she/her): So your hands?

522

01:01:53.280 --> 01:01:57.469

Susanna Barkataki (she/her): Yeah, I mit lots of information. I didn't even know I needed

523

01:01:58.070 --> 01:01:59.609

Susanna Barkataki (she/her): perspectives of plenty.

524

01:01:59.890 --> 01:02:00.930

Susanna Barkataki (she/her): Yes.

525

01:02:04.630 --> 01:02:09.189

Susanna Barkataki (she/her): you know, there's a place for all of us. There's people in your life

526

01:02:09.690 --> 01:02:14.609

Susanna Barkataki (she/her): who cannot learn Yoga from me. They have to learn it from you.

527

01:02:15.730 --> 01:02:19.260

Susanna Barkataki (she/her): You have a way of being in a way of teaching

528

01:02:19.450 --> 01:02:20.409

Susanna Barkataki (she/her): in a way

529

01:02:20.590 --> 01:02:25.540

Susanna Barkataki (she/her): sharing yoga that that will touch certain people in a way no one else can.

530

01:02:25.590 --> 01:02:28.770

Susanna Barkataki (she/her): And so I do truly believe that

531

01:02:29.140 --> 01:02:37.750

Susanna Barkataki (she/her): you, whoever your identity, whatever you know where how we're here like Yoga, is here to move through you. So

532

01:02:38.250 --> 01:02:41.589

Susanna Barkataki (she/her): it's also just figuring out how to do that in a way that

533

01:02:41.620 --> 01:02:47.199

Susanna Barkataki (she/her): one cares for the tradition, and then 2 cares for, like the community or part of it, we are sharing with.

534

01:02:48.090 --> 01:02:49.060

Susanna Barkataki (she/her): Yeah.

535

01:02:49.360 --> 01:02:50.259

Susanna Barkataki (she/her): Okay.

536

01:02:50.430 --> 01:02:53.450

Susanna Barkataki (she/her): So i'm not seeing any hands.

537

01:02:53.530 --> 01:02:57.379

Susanna Barkataki (she/her): So we'll close there. We'll close with this, and

538

01:02:57.700 --> 01:03:03.219

Susanna Barkataki (she/her): I I just want to share. I feel really really grateful in this moment, like

539

01:03:03.850 --> 01:03:05.409

Susanna Barkataki (she/her): I'm learning a lot

540

01:03:05.570 --> 01:03:16.379

Susanna Barkataki (she/her): as well from the conversations that we're having. So I hope they're failing nursing for you, and thought provoking and supportive, and that you're getting a lot from the practice.

541

01:03:16.980 --> 01:03:17.930

Susanna Barkataki (she/her): Hmm.

542

01:03:18.310 --> 01:03:19.959

Susanna Barkataki (she/her): So we'll close

543

01:03:20.130 --> 01:03:21.169

Susanna Barkataki (she/her): with

544

01:03:21.360 --> 01:03:25.669

Susanna Barkataki (she/her): You can bring your hands together at your heart.

545

01:03:26.670 --> 01:03:28.629

Susanna Barkataki (she/her): Take a deep breath in

546

01:03:30.060 --> 01:03:31.439

Susanna Barkataki (she/her): and out.

547

01:03:34.180 --> 01:03:37.089

Susanna Barkataki (she/her): and then, if you'd like, you can chat with me

548

01:03:37.490 --> 01:03:39.250

Susanna Barkataki (she/her): deep in

549

01:03:40.580 --> 01:03:43.240

Susanna Barkataki (she/her): Oh.

550

01:03:51.840 --> 01:03:55.220

Susanna Barkataki (she/her): moving in your word or phrase.

551

01:03:56.390 --> 01:04:00.359

Susanna Barkataki (she/her): breathing out and releasing your word or freeze.

552

01:04:03.410 --> 01:04:07.489

Susanna Barkataki (she/her): Thank you so much for your presence. Thank you for your practice.

553

01:04:08.910 --> 01:04:13.609

Susanna Barkataki (she/her): so grateful for you. You can unmute and say goodbye, and we'll see you soon.

554

01:04:14.450 --> 01:04:19.149

Constina: What an amazing session today! Thank you so much. Wow.

555

01:04:19.420 --> 01:04:22.260

Constina: yes.

556

01:04:23.450 --> 01:04:28.849

Constina: thank you. Bye, Everyone

557

01:04:30.200 --> 01:04:31.359

Susanna Barkataki (she/her): by.