



1  
00:00:03.790 --> 00:00:04.560  
The

2  
00:00:08.140 --> 00:00:09.130  
the

3  
00:00:11.950 --> 00:00:15.500  
Susanna Barkataki (she/her): welcome, everyone! Welcome to office hours.

4  
00:00:15.840 --> 00:00:18.970  
Susanna Barkataki (she/her): It it in the last moment.

5  
00:00:19.540 --> 00:00:23.130  
the

6  
00:00:23.360 --> 00:00:24.740  
the

7  
00:00:25.240 --> 00:00:27.150  
you.

8  
00:00:28.400 --> 00:00:30.119  
the

9  
00:00:35.900 --> 00:00:43.180  
Susanna Barkataki (she/her): like. You can drop in the chat, how you're doing keywords or the sentence. How you are

10  
00:00:45.630 --> 00:00:46.690  
you

11  
00:00:57.940 --> 00:00:59.040  
the

12

00:01:02.190 --> 00:01:03.140  
you.

13  
00:01:04.400 --> 00:01:05.470  
the

14  
00:01:08.180 --> 00:01:09.160  
the

15  
00:01:11.650 --> 00:01:13.210  
you.

16  
00:01:19.660 --> 00:01:21.009  
me.

17  
00:01:21.800 --> 00:01:22.699  
you.

18  
00:01:22.720 --> 00:01:23.619  
the

19  
00:01:25.680 --> 00:01:26.809  
I

20  
00:01:48.560 --> 00:01:57.479  
Susanna Barkataki (she/her): welcome. Welcome everyone to our office hours for February for Yoga class Curator. I'm so glad that you're here.

21  
00:01:57.760 --> 00:02:04.110  
Susanna Barkataki (she/her): and i'm excited to get to ground and to practice and to explore with you

22  
00:02:04.440 --> 00:02:16.579  
Susanna Barkataki (she/her): the theme that's really alive for me this month. That I wanted to share with you is a theme of power exploring power, and that is

23  
00:02:18.210 --> 00:02:27.600  
Susanna Barkataki (she/her): so resonant. I feel like as we're in black history month in part, because a lot of the power of yoga that can be created

24

00:02:27.940 --> 00:02:37.559

Susanna Barkataki (she/her): for social change has driven a lot of the social movements in the Us. And really around the world in India as well, and other places.

25

00:02:37.690 --> 00:02:49.399

Susanna Barkataki (she/her): And it's not always acknowledged. We don't really hear. Oh, it's yoga! It's yoga practices that are part of creating these social movements and sustaining change makers

26

00:02:49.420 --> 00:03:02.790

Susanna Barkataki (she/her): from us Rosa Parks to Angela Davis to Bayard Rustin to Martin Luther King, who is influenced by Bayard Rustin and his studies of, you know, Gandhian and and other nonviolent social change movements in India

27

00:03:03.120 --> 00:03:10.669

Susanna Barkataki (she/her): to current day practices, for you know dull it rights cast abolition to

28

00:03:11.280 --> 00:03:14.499

Susanna Barkataki (she/her): farmers rights to gender equity.

29

00:03:14.710 --> 00:03:34.690

Susanna Barkataki (she/her): We don't always know or hear about how yoga practices are part of creating and fueling and supporting those movements for change. So we're going to explore that, and i'll also answer some of your questions that we're in the that came in ahead of time, and we'll do a little practice as well.

30

00:03:35.170 --> 00:03:39.290

Susanna Barkataki (she/her): and I just invited folks to drop in how you're doing

31

00:03:39.360 --> 00:03:48.399

Susanna Barkataki (she/her): a couple of words energetically shifting, encourage, tired, hopeful, grateful. You can keep dropping them in if you'd like excited and overwhelmed.

32

00:03:48.420 --> 00:03:51.890

Susanna Barkataki (she/her): i'm grounded, groundless, grateful yes.

33

00:03:51.990 --> 00:03:53.880

Susanna Barkataki (she/her): happy to be in community

34

00:03:54.710 --> 00:04:00.489

Susanna Barkataki (she/her): present self-aware in a positive way. Yes, just listen to the video for this month. Oh, it's wonderful.

35

00:04:01.290 --> 00:04:04.609

Susanna Barkataki (she/her): Leave finding more. Balance. Hmm.

36

00:04:05.250 --> 00:04:06.570

Susanna Barkataki (she/her): And

37

00:04:07.140 --> 00:04:19.339

Susanna Barkataki (she/her): Yes, If I first get together. Welcome. There's some folks who are newer to the community so welcoming you, and I also just want to share my screen, because we often kick off. Usually the pilgrimage and puja

38

00:04:19.350 --> 00:04:32.440

Susanna Barkataki (she/her): with folks who get giveaways, and this month coming for the next I will be in India. I'll be traveling and on

39

00:04:32.770 --> 00:04:46.899

Susanna Barkataki (she/her): on actual pilgrimage, and so I won't be there in person. We'll have a wonderful guest expert teacher, who will be sharing all about rituals for lux me for spring and guide you through a ritual.

40

00:04:46.910 --> 00:04:58.469

Susanna Barkataki (she/her): But normally we do our giveaways then. But we're gonna do it a little early, and we'll do it now. So let me share my screen so you can see what i'm talking about.

41

00:04:59.590 --> 00:05:01.109

Susanna Barkataki (she/her): Can you all see

42

00:05:01.170 --> 00:05:04.830

Susanna Barkataki (she/her): where it says? Yoga Class Curator.

43

00:05:04.850 --> 00:05:19.460

Susanna Barkataki (she/her): Yes. So what there's a section that says what I love, and i'm learning by CC. Monthly giveaways, and no one has to do this, of course, ever. But if you would like. You can share every month

44

00:05:19.710 --> 00:05:31.919

Susanna Barkataki (she/her): or any month you would like to share about what you're loving and learning, and you can do that in any way, i'll explain that in a second. But there's 2 opportunities to share.

45

00:05:32.500 --> 00:05:47.520

Susanna Barkataki (she/her): and with right. So the first prize is one on one call with me via zoom. You can ask me questions, get coaching insights, care, personalize support for your growth with yoga. Right now. There's no other way to get this.

46

00:05:47.530 --> 00:06:01.829

Susanna Barkataki (she/her): and it's been so much fun to get to support people one on one. So i'm really really enjoying these. And then the second price you get to pick an item from the Yoga change Maker store, and we send it to you so you can embody okay wherever you are.

47

00:06:02.380 --> 00:06:22.019

Susanna Barkataki (she/her): So how you enter. And i'm sharing this because i'm about to tell you who the winners are for this month. You can share with your community what you're loving and what you're learning, and you have a class curator. This could look like a social media post on Instagram or Tik Tok: a video reel. I could look like emailing your community, and then you share

48

00:06:22.030 --> 00:06:29.859

Susanna Barkataki (she/her): you share what whatever you share with us. So tag me, share the link, and then

49

00:06:29.960 --> 00:06:38.599

Susanna Barkataki (she/her): drop the the link on this entry. Form right? So it's pretty simple. You copy and paste the link to whatever it is there.

50

00:06:38.720 --> 00:06:40.880

Susanna Barkataki (she/her): and

51

00:06:41.160 --> 00:06:49.820

Susanna Barkataki (she/her): our winners for this month for one on one. I'm just looking at my notes.

52

00:06:54.820 --> 00:06:59.799

Susanna Barkataki (she/her): Oh, here we are. Okay, so, and Andre will be

53

00:06:59.810 --> 00:07:23.999

Susanna Barkataki (she/her): either messaging you or emailing you one on one mal beckett's. You get one on one with me, which i'm really excited for. And then, Jamie, Si turn you get to pick something from the Yoga change maker's store. So congratulations for everyone to just like, Celebrate them, and you're welcome to share, and you'll be enter to win for the next time.

54

00:07:24.190 --> 00:07:26.430

Susanna Barkataki (she/her): So yay

55

00:07:26.660 --> 00:07:27.220

Susanna Barkataki (she/her): so

56

00:07:27.430 --> 00:07:29.880

Susanna Barkataki (she/her): super fun where to begin.

57

00:07:30.300 --> 00:07:47.859

Susanna Barkataki (she/her): If you have any logistical questions about content or curriculum, you can always email [us@bookingatignitepwell.com](mailto:us@bookingatignitepwell.com), and if you have any technical questions, you know, trying to find something, or if there's something not working in your in the portal.

58

00:07:48.670 --> 00:07:51.349

Susanna Barkataki (she/her): i'm just gonna make sure. Can everyone be mute.

59

00:07:56.470 --> 00:08:00.550

Susanna Barkataki (she/her): Thank you. So

60

00:08:01.970 --> 00:08:04.329

Susanna Barkataki (she/her): if you have any technical questions email.

61

00:08:14.970 --> 00:08:15.680

Susanna Barkataki (she/her): Okay.

62

00:08:15.760 --> 00:08:16.500

Susanna Barkataki (she/her): perfect.

63

00:08:18.880 --> 00:08:25.330

Susanna Barkataki (she/her): All right. Just thinking. Is there any other announcements? I think those are the main things.

64

00:08:25.470 --> 00:08:33.480

Susanna Barkataki (she/her): So let's do a little practice, and then we'll explore some of your questions and any questions that are coming up right now. I'm just going to check the chat

65

00:08:33.919 --> 00:08:35.370

Susanna Barkataki (she/her): to see.

66

00:08:37.789 --> 00:08:38.710

Susanna Barkataki (she/her): Okay, Great?

67

00:08:39.450 --> 00:08:41.020

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

68

00:08:41.900 --> 00:08:45.209

Susanna Barkataki (she/her): All right. So you can find an useful way to be

69

00:08:45.670 --> 00:08:47.700

Susanna Barkataki (she/her): settling in

70

00:08:48.420 --> 00:08:56.900

Susanna Barkataki (she/her): grounding down, maybe that sitting standing like down resting doesn't have to look like what

71

00:08:57.820 --> 00:09:06.749

Susanna Barkataki (she/her): a traditional practice might look like can look your way for rest right here and now.

72

00:09:09.230 --> 00:09:12.209

Susanna Barkataki (she/her): I invite you to take a deep breath in

73

00:09:14.460 --> 00:09:15.810

Susanna Barkataki (she/her): and out.

74

00:09:24.560 --> 00:09:27.530

Susanna Barkataki (she/her): and as you are breathing.

75

00:09:27.800 --> 00:09:29.520

Susanna Barkataki (she/her): feel into

76

00:09:30.230 --> 00:09:34.730

Susanna Barkataki (she/her): your experience of power within your body.

77

00:09:37.760 --> 00:09:39.349

Susanna Barkataki (she/her): if you're feeling

78

00:09:41.500 --> 00:09:46.109

Susanna Barkataki (she/her): energized, maybe you feel like a kind of zingy energy

79

00:09:46.330 --> 00:09:48.240

Susanna Barkataki (she/her): in certain places.

80

00:09:49.990 --> 00:09:51.530

Susanna Barkataki (she/her): If you're feeling

81

00:09:53.250 --> 00:09:55.030

Susanna Barkataki (she/her): little tired or

82

00:09:56.630 --> 00:09:58.569

Susanna Barkataki (she/her): completed, maybe the

83

00:09:59.580 --> 00:10:02.639

Susanna Barkataki (she/her): experience of power that you have is lower.

84

00:10:09.300 --> 00:10:13.760

Susanna Barkataki (she/her): It's scanning through your experience. Your awareness

85

00:10:15.250 --> 00:10:16.800

Susanna Barkataki (she/her): as you breathe.

86

00:10:20.680 --> 00:10:22.800

Susanna Barkataki (she/her): Power is everywhere.

87

00:10:22.860 --> 00:10:25.130

Susanna Barkataki (she/her): It's moving all the time.

88

00:10:25.640 --> 00:10:27.269

Susanna Barkataki (she/her): and it is neutral.

89

00:10:28.130 --> 00:10:34.240

Susanna Barkataki (she/her): There's different ways that we can use power, and also that we're impacted by it.

90

00:10:38.460 --> 00:10:40.590

Susanna Barkataki (she/her): There's external power.

91

00:10:41.050 --> 00:10:43.540

Some of us in this space may have

92

00:10:44.200 --> 00:10:50.849

Susanna Barkataki (she/her): or be in positions of power. Maybe as teachers in a classroom with power over their students.

93

00:10:51.980 --> 00:10:53.290

Susanna Barkataki (she/her): but also.

94

00:10:53.720 --> 00:10:54.910

Susanna Barkataki (she/her): perhaps

95

00:10:55.400 --> 00:10:59.650

Susanna Barkataki (she/her): with power wielded over you by administration or bosses.

96

00:11:00.200 --> 00:11:03.460

Susanna Barkataki (she/her): So there's ways that power can be used to control

97

00:11:03.590 --> 00:11:04.840

Susanna Barkataki (she/her): or 2

98

00:11:05.790 --> 00:11:07.500

Susanna Barkataki (she/her): get compliance.

99

00:11:11.020 --> 00:11:14.590

Susanna Barkataki (she/her): There's ways that power can be used with others

100

00:11:15.720 --> 00:11:21.749

Susanna Barkataki (she/her): like when a friend called you up and helps you out with something that you're going through, or

101

00:11:23.890 --> 00:11:25.590

Susanna Barkataki (she/her): when you uplift

102

00:11:26.840 --> 00:11:32.610

Susanna Barkataki (she/her): a community or someone in your neighborhood sharing power, using power with others.

103

00:11:35.140 --> 00:11:37.380

Susanna Barkataki (she/her): And then there's power within

104

00:11:38.900 --> 00:11:40.489

Susanna Barkataki (she/her): in power within

105

00:11:40.810 --> 00:11:43.660

Susanna Barkataki (she/her): it's power that can't be given.

106

00:11:43.940 --> 00:11:46.110

Susanna Barkataki (she/her): and it can't be taken away.

107

00:11:47.490 --> 00:11:50.990

Susanna Barkataki (she/her): It's the kind of power that yoga cultivates.

108

00:11:55.300 --> 00:11:58.749

Susanna Barkataki (she/her): and it's the ability that if you think about

109

00:11:58.830 --> 00:12:01.790

Susanna Barkataki (she/her): maybe a time in your life where you stood up

110

00:12:03.320 --> 00:12:08.550

Susanna Barkataki (she/her): to injustice, where you spoke up when someone was getting bullied.

111

00:12:12.860 --> 00:12:16.819

Susanna Barkataki (she/her): or put your own comfort aside

112

00:12:16.850 --> 00:12:18.790

Susanna Barkataki (she/her): for what you knew is right.

113

00:12:21.140 --> 00:12:23.449

Susanna Barkataki (she/her): maybe went out of your way to

114

00:12:23.590 --> 00:12:26.680

Susanna Barkataki (she/her): do something that was out of your comfort zone.

115

00:12:27.280 --> 00:12:29.310

Susanna Barkataki (she/her): taking a class

116

00:12:30.170 --> 00:12:31.670

Susanna Barkataki (she/her): running a race.

117

00:12:34.310 --> 00:12:35.730

Susanna Barkataki (she/her): whatever it is.

118

00:12:37.090 --> 00:12:42.430

Susanna Barkataki (she/her): that kind of inner strength that doesn't get touched by titles or

119

00:12:43.310 --> 00:12:45.220

Susanna Barkataki (she/her): external validation.

120

00:12:57.880 --> 00:13:03.300

Susanna Barkataki (she/her): And there's so many superpowers that Yoga cultivates

121

00:13:07.220 --> 00:13:10.560

Susanna Barkataki (she/her): it takes time, commitment, and practice.

122

00:13:10.980 --> 00:13:17.210

Susanna Barkataki (she/her): But even as you practice just a little bit, the superpowers will continue to develop

123

00:13:20.860 --> 00:13:22.240

Susanna Barkataki (she/her): feeling

124

00:13:22.490 --> 00:13:31.689

Susanna Barkataki (she/her): and breathing at your core your belly, and for some of us it might be helpful to place a hand on your belly or on your low back, and feel that part of you

125

00:13:32.630 --> 00:13:36.060

Susanna Barkataki (she/her): breathing in and expanding your belly.

126

00:13:36.850 --> 00:13:38.499

Susanna Barkataki (she/her): I'm breathing out.

127

00:13:38.620 --> 00:13:41.010

Susanna Barkataki (she/her): I'm. Letting your belly relax.

128

00:13:42.720 --> 00:13:51.579

Susanna Barkataki (she/her): This is a kind of core strength that is far beyond the core strength that's described in probably many yoga studios around

129

00:13:54.000 --> 00:13:56.519

Susanna Barkataki (she/her): it's the core strength that is

130

00:13:56.770 --> 00:14:00.230

Susanna Barkataki (she/her): feeding and building your ugly, that inner fire.

131

00:14:02.530 --> 00:14:05.649

Susanna Barkataki (she/her): the part of you that knows.

132

00:14:06.170 --> 00:14:09.939

Susanna Barkataki (she/her): Yes, this is the path for me. This is the direction to go.

133

00:14:10.280 --> 00:14:11.950

Susanna Barkataki (she/her): and also

134

00:14:12.990 --> 00:14:15.640

Susanna Barkataki (she/her): the Enlighten. No, the boundary.

135

00:14:15.660 --> 00:14:17.639

Susanna Barkataki (she/her): the that right now

136

00:14:17.710 --> 00:14:20.960

Susanna Barkataki (she/her): or no, I i'm not available for that.

137

00:14:23.280 --> 00:14:30.150

Susanna Barkataki (she/her): It's from this core strength, and imagine yourself lengthening and radiating from your core. Now expanding your arms out

138

00:14:30.570 --> 00:14:32.190

Susanna Barkataki (she/her): to either side of you

139

00:14:33.150 --> 00:14:35.370

Susanna Barkataki (she/her): that builds inner strength

140

00:14:36.250 --> 00:14:37.510

Susanna Barkataki (she/her): and balance.

141

00:14:46.030 --> 00:14:47.969

Susanna Barkataki (she/her): can stretch your arms up

142

00:14:48.120 --> 00:14:49.590

Susanna Barkataki (she/her): above your head.

143

00:14:50.050 --> 00:15:06.449

Susanna Barkataki (she/her): lengthening, maybe gazing up above you and finding a dristy point, a focus point, and that could be internal, so your eyes could be just gazing up towards your third eye internally with your eyes closed, or it could be open, pointing

144

00:15:06.830 --> 00:15:09.390

Susanna Barkataki (she/her): past your fingertips, or at a spot

145

00:15:09.820 --> 00:15:10.980

Susanna Barkataki (she/her): above you.

146

00:15:13.140 --> 00:15:16.470

Susanna Barkataki (she/her): and then exhale twisting around.

147

00:15:16.570 --> 00:15:21.450

Susanna Barkataki (she/her): Bring your arms behind you, over to one side to sing from your belly.

148

00:15:21.690 --> 00:15:25.370

Susanna Barkataki (she/her): then your test, then your 10, and then your eyes last.

149

00:15:32.200 --> 00:15:36.240

Susanna Barkataki (she/her): Inhale. Exhale. Twist a little bit deeper here.

150

00:15:40.220 --> 00:15:46.640

Susanna Barkataki (she/her): your next inhale, lifting up, finding that justy point one more time internally or externally.

151

00:15:47.040 --> 00:15:50.359

Susanna Barkataki (she/her): and then exhale, twisting the other direction

152

00:15:50.880 --> 00:15:52.180

Susanna Barkataki (she/her): from your belly.

153

00:15:52.400 --> 00:15:53.680

Susanna Barkataki (she/her): your test.

154

00:15:54.430 --> 00:15:57.699

Susanna Barkataki (she/her): your 10, and your eyes around

155

00:15:58.110 --> 00:15:59.460

Susanna Barkataki (she/her): it's the other side.

156

00:16:08.920 --> 00:16:10.560

Susanna Barkataki (she/her): inhaling up

157

00:16:11.390 --> 00:16:18.330

Susanna Barkataki (she/her): and exhale. Fold forward and down, and you can fold forward over your desk or tear over your legs.

158

00:16:19.050 --> 00:16:21.500

Susanna Barkataki (she/her): letting everything release.

159

00:16:23.390 --> 00:16:28.049

Susanna Barkataki (she/her): There's a strength of character and identity that comes from

160

00:16:28.210 --> 00:16:35.609

Susanna Barkataki (she/her): Yoga that allows us to take our power back to not be as affected by what happens to us

161

00:16:35.720 --> 00:16:38.290

Susanna Barkataki (she/her): as we cultivate

162

00:16:40.810 --> 00:16:42.240

Susanna Barkataki (she/her): letting go.

163

00:16:42.450 --> 00:16:49.520

Susanna Barkataki (she/her): not in a way that makes us into victims, but in a way that makes us actually even more powerfully unaffected.

164

00:16:49.610 --> 00:16:50.600

Susanna Barkataki (she/her): Bye.

165

00:16:52.580 --> 00:16:55.160

Susanna Barkataki (she/her): the flow of life all around us

166

00:17:07.359 --> 00:17:18.359

Susanna Barkataki (she/her): and inhaling, coming back up and moving in any way that your body would like. Now, just taking some time to practice. I think so. Kindness, compassion to yourself.

167

00:17:23.460 --> 00:17:25.609

Susanna Barkataki (she/her): and then we'll take a moment

168

00:17:25.720 --> 00:17:27.399

Susanna Barkataki (she/her): to look around

169

00:17:28.250 --> 00:17:30.270

Susanna Barkataki (she/her): orienting in space.

170

00:17:31.610 --> 00:17:33.559

Susanna Barkataki (she/her): And if you have your journal.

171

00:17:34.140 --> 00:17:35.929

Susanna Barkataki (she/her): invite you to

172

00:17:36.920 --> 00:17:40.260

Susanna Barkataki (she/her): first thought best, thought Jack down some

173

00:17:40.660 --> 00:17:48.830

Susanna Barkataki (she/her): reflection, some. You know what's been going on in terms of power for you? Currently, you know. Are you feeling

174

00:17:49.180 --> 00:18:08.630

Susanna Barkataki (she/her): like you can speak truth to power. Are you feeling like You're more in an experience of power with sharing power power over not really sure what to do with the power you have we're

feeling oppressed or not able to access power? How is that in our power of of that yoga cultivates feeling? So we'll take.

175

00:18:10.070 --> 00:18:11.380

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

176

00:18:11.850 --> 00:18:16.890

Susanna Barkataki (she/her): me 2 min and reflect. And i'm gonna play some music. Well.

177

00:18:17.050 --> 00:18:18.370

Susanna Barkataki (she/her): while we're writing.

178

00:18:31.780 --> 00:18:32.610

Susanna Barkataki (she/her): Hmm.

179

00:21:41.770 --> 00:21:42.510

Susanna Barkataki (she/her): Okay.

180

00:21:44.160 --> 00:21:47.869

Susanna Barkataki (she/her): 30 s more to wrap up your reflections.

181

00:22:13.450 --> 00:22:16.249

Susanna Barkataki (she/her): So it's wonderful about, you guys.

182

00:22:17.380 --> 00:22:19.789

Susanna Barkataki (she/her): It can help us see clearer

183

00:22:20.440 --> 00:22:32.460

Susanna Barkataki (she/her): doesn't promise us an easier life, right? So I would imagine. And some of what you each of us, maybe in our writings is like a master class on power, power over power with power within.

184

00:22:32.530 --> 00:22:34.720

Susanna Barkataki (she/her): and we could probably talk

185

00:22:35.020 --> 00:22:48.079

Susanna Barkataki (she/her): with any of you about what you're experiencing. I just got out of a call that was a very much master class on working as I do like the work that I do, and working with organizations. I often talk about

186

00:22:48.340 --> 00:23:00.430

Susanna Barkataki (she/her): creating social change, if you you know it's it's a continuum right? And so sometimes we're on the outside, creating our own institutions. But sometimes we're working within institutions to try to create change. But when we do that

187

00:23:00.670 --> 00:23:08.830

Susanna Barkataki (she/her): there can be a lot of complexity of power moving in in different directions, and it can be really tiring. And

188

00:23:08.880 --> 00:23:29.380

Susanna Barkataki (she/her): to continue to have the fortitude to make those changes for some of us. It might be that you're like the one in your family life that's the cycle breaker that's changing the cycles from, you know, unkind or toxic even, or you know, harmful to loving and caring. And so much of that is like

189

00:23:29.520 --> 00:23:30.919

Susanna Barkataki (she/her): not reacting.

190

00:23:31.260 --> 00:23:32.500

Susanna Barkataki (she/her): practicing.

191

00:23:32.970 --> 00:23:36.679

Susanna Barkataki (she/her): and paragraph practicing Satya loving speech

192

00:23:36.730 --> 00:23:53.700

Susanna Barkataki (she/her): to keep listening. All of these things can be really tiring. And so the the tools of Yoga are here to resource us in, whether we're making, you know, institutional changes, personal changes in our families or our communities. They're there to support us.

193

00:23:54.390 --> 00:24:08.719

Susanna Barkataki (she/her): so we'll talk a little more about that, and i'll open it up for folks to share. Please feel free to drop questions or comments in the chat as we're going. But I want to first answer some of the questions that came in.

194

00:24:10.930 --> 00:24:15.719

Susanna Barkataki (she/her): and then, if you're not sure where these are, and we send an email out

195

00:24:16.500 --> 00:24:25.580

Susanna Barkataki (she/her): before office hours the Friday before, and it has a link to drop in your questions, and then it's in the portal somewhere. I can't remember exactly where.

196

00:24:25.990 --> 00:24:28.380

Susanna Barkataki (she/her): I guess it's probably in.

197

00:24:30.770 --> 00:24:32.920

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

198

00:24:34.010 --> 00:24:36.350

Susanna Barkataki (she/her): Let me see.

199

00:24:39.840 --> 00:24:43.699

Susanna Barkataki (she/her): Just so. I can tell you so you know, maybe in support.

200

00:24:48.080 --> 00:24:49.400

Susanna Barkataki (she/her): So that way.

201

00:24:49.470 --> 00:24:55.970

Susanna Barkataki (she/her): if you have questions, you're able to to drop them in ahead of the next office hours. Right?

202

00:24:56.170 --> 00:24:57.999

Our first

203

00:24:58.030 --> 00:24:59.260

Susanna Barkataki (she/her): question.

204

00:24:59.660 --> 00:25:08.609

Susanna Barkataki (she/her): It's about Centosha joy, right, the practice of cultivating joy, and deep like spiritual bliss.

205

00:25:08.720 --> 00:25:15.030

Susanna Barkataki (she/her): without getting attached as a glacier, and attachment to the experience of toy.

206

00:25:19.240 --> 00:25:20.910

Susanna Barkataki (she/her): I love this question.

207

00:25:21.890 --> 00:25:23.629

I think that

208

00:25:29.620 --> 00:25:32.219

Susanna Barkataki (she/her): there's a way that when we're attached

209

00:25:32.670 --> 00:25:38.219

Susanna Barkataki (she/her): we're grasping right. And and so it actually takes away from the joy

210

00:25:39.080 --> 00:25:44.759

Susanna Barkataki (she/her): it's very natural. I think it's very human to both want and to.

211

00:25:45.060 --> 00:25:48.019

Susanna Barkataki (she/her): I I think of like in meditative States

212

00:25:48.040 --> 00:26:01.900

Susanna Barkataki (she/her): when I've felt moments, you know I will never forget this moment. I was at a meditation at like only my amount, which is a university not too far from where I live, and it's a silence it 45 min it!

213

00:26:01.910 --> 00:26:15.210

Susanna Barkataki (she/her): And in that meditation I actually felt the turning of the earth like the earth moving on it's on its axis, and I felt the earth in the context of the universe and all things

214

00:26:15.510 --> 00:26:25.860

Susanna Barkataki (she/her): in my experience, and it's not something that I can UN feel right when you have that experience, and in it I also felt in that moment

215

00:26:26.140 --> 00:26:29.529

Susanna Barkataki (she/her): complete bliss and knowledge

216

00:26:29.710 --> 00:26:32.909

Susanna Barkataki (she/her): of no birth, no death, like all of that, was there.

217

00:26:33.100 --> 00:26:35.140

Susanna Barkataki (she/her): and as I was feeling it.

218

00:26:35.990 --> 00:26:44.229

Susanna Barkataki (she/her): I felt it probably purely for a few seconds, and then there was like, oh, I don't want it to go away. The grasping the let me hold on to this.

219

00:26:44.820 --> 00:26:50.310

Susanna Barkataki (she/her): and then there was a smiling at myself of like, oh, here is the grasping

220

00:26:51.200 --> 00:26:53.040

Susanna Barkataki (she/her): and the letting go.

221

00:26:53.170 --> 00:26:57.970

Susanna Barkataki (she/her): and of course the feeling in its intensity, and immediately went away.

222

00:26:58.040 --> 00:27:03.880

Susanna Barkataki (she/her): But it changed me forever, and i'll never be the same person that I was before that because I can always

223

00:27:03.940 --> 00:27:08.799

Susanna Barkataki (she/her): feel that feeling, even if not like the you know 100% experience of it.

224

00:27:10.860 --> 00:27:12.409

Susanna Barkataki (she/her): So part of

225

00:27:12.860 --> 00:27:16.070

Susanna Barkataki (she/her): the working with Santosha is

226

00:27:16.200 --> 00:27:19.949

Susanna Barkataki (she/her): feeling the toy, doing the actions to cultivate, toy.

227

00:27:20.070 --> 00:27:29.809

Susanna Barkataki (she/her): and then surrendering and letting go, and not bypassing. So when we're in frustration, when we're in anger, when we're in grief, and there's so much to be

228

00:27:29.940 --> 00:27:34.419

Susanna Barkataki (she/her): sad and sorrowful, and and absolutely devastated by

229

00:27:34.670 --> 00:27:39.559

Susanna Barkataki (she/her): all the time, and and it feels like particularly right now. But it really is all the time

230

00:27:40.390 --> 00:27:41.950

Susanna Barkataki (she/her): to not push that away.

231

00:27:42.110 --> 00:27:44.479

Susanna Barkataki (she/her): and to not grasp and hang on.

232

00:27:44.560 --> 00:27:53.640

Susanna Barkataki (she/her): And it's a dance. It's a balance in a dance, and so I would say it's it's a practice. It's an actual practice for me of like

233

00:27:53.720 --> 00:27:59.199

Susanna Barkataki (she/her): cultivating those beautiful States and those joyful states, and then noticing the attachment.

234

00:27:59.540 --> 00:28:01.480

Susanna Barkataki (she/her): releasing the attachment.

235

00:28:02.530 --> 00:28:07.400

Susanna Barkataki (she/her): And then, you know, the next day comes. The next day comes the next day comes.

236

00:28:08.080 --> 00:28:16.510

Susanna Barkataki (she/her): so I wanna invite him. If you're here, Bobby, if you'd like to share anything about your your question.

237

00:28:17.960 --> 00:28:20.799

Susanna Barkataki (she/her): Oh, Bobby is just joined.

238

00:28:23.420 --> 00:28:24.280

Susanna Barkataki (she/her): Okay.

239

00:28:24.360 --> 00:28:26.090

Susanna Barkataki (she/her): so

240

00:28:26.880 --> 00:28:32.969

Susanna Barkataki (she/her): wonderful. I don't know if you heard that. But maybe we'll circle back around to it.

241

00:28:33.830 --> 00:28:34.810  
Susanna Barkataki (she/her): Hmm.

242  
00:28:36.200 --> 00:28:37.180  
Susanna Barkataki (she/her): Let's see.

243  
00:28:37.420 --> 00:28:39.270  
Susanna Barkataki (she/her): I look at the tab.

244  
00:28:49.200 --> 00:28:50.159  
Susanna Barkataki (she/her): Oh, thank you.

245  
00:28:50.400 --> 00:28:53.689  
Yes, monthly gatherings. You can submit

246  
00:28:54.020 --> 00:28:56.219  
Susanna Barkataki (she/her): office hours. Questions. Thank you for that.

247  
00:29:02.060 --> 00:29:04.709  
Susanna Barkataki (she/her): Okay. So we're just

248  
00:29:05.160 --> 00:29:17.719  
Susanna Barkataki (she/her): chatting about Santosha and attachment. And if anyone would like to comment on that, you can in the tat, I'm going to go to the next question.

249  
00:29:18.660 --> 00:29:30.599  
Susanna Barkataki (she/her): I've been a Yogi for 20 years. Done 5 Y. Tvs and i'm a white woman getting back into teaching yoga. And i'm also wondering if it's right for me to be profiting off yoga, especially as a white woman.

250  
00:29:30.700 --> 00:29:49.539  
Susanna Barkataki (she/her): Someone message me this as feedback. I want to share you a bit, and I also want my time and energy compensated. I already work full time in a low PE paid community caregiving and health care, so I cannot do more work for free any ideas on how I address this or find a good balance in teaching and profiting off Yup from Yoga.

251  
00:29:49.680 --> 00:29:50.550  
Susanna Barkataki (she/her): Thanks.

252  
00:29:50.680 --> 00:29:55.049

Susanna Barkataki (she/her): Yeah, I love this question, and I'm: so glad you asked it. I bet you

253

00:29:55.140 --> 00:29:58.009

Susanna Barkataki (she/her): I would imagine other people have this question too.

254

00:29:59.720 --> 00:30:07.920

Susanna Barkataki (she/her): I truly believe, first of all, because kind of underlying the question around profit is also the question of Can I be here?

255

00:30:08.330 --> 00:30:10.889

Susanna Barkataki (she/her): Can it Should I be teaching

256

00:30:10.990 --> 00:30:17.519

Susanna Barkataki (she/her): as Xyz identity right as a white person as a you know non South Asian, whatever it is.

257

00:30:19.450 --> 00:30:33.239

Susanna Barkataki (she/her): Ultimately no one can answer that for you but you, and no one should answer that for you but you. So i'm going to give you my opinion, but it's in order to hopefully help, clarify for you your answer.

258

00:30:33.700 --> 00:30:38.150

Susanna Barkataki (she/her): I truly believe that there's people who can learn Yoga for you.

259

00:30:38.230 --> 00:30:40.010

Susanna Barkataki (she/her): They cannot learn it from me

260

00:30:40.030 --> 00:30:46.179

Susanna Barkataki (she/her): that cannot learn it from. You know another friend or colleagues to 9 at they do whatever it is.

261

00:30:46.350 --> 00:30:53.650

Susanna Barkataki (she/her): and so each one of us is absolutely necessary as teachers and transmitters of this practice.

262

00:30:54.830 --> 00:31:08.180

Susanna Barkataki (she/her): I also believe that yoga didn't come to any one person. It came through right it. It's not there's no like one profit

of yoga. There are many teachers and many lineages and many ways that the practice has evolved over time.

263

00:31:08.190 --> 00:31:24.129

Susanna Barkataki (she/her): And so each of us can be a vessel for Yoga in our unique way. So I first wanted to just start with that and me saying that I hope it helps you feel it. But you have to be the one to really feel that if you're having any question or doubt, and how do you cultivate it?

264

00:31:24.230 --> 00:31:27.209

Susanna Barkataki (she/her): Develop your relationship with yoga

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00:31:27.300 --> 00:31:28.060

Susanna Barkataki (she/her): like

266

00:31:28.230 --> 00:31:32.119

Susanna Barkataki (she/her): literally every time before I teach or practice.

267

00:31:32.200 --> 00:31:34.360

Susanna Barkataki (she/her): I get still in silent?

268

00:31:34.520 --> 00:31:46.479

Susanna Barkataki (she/her): Maybe not every time, but many times. And I open up and say, how does yoga want to move through me today? How Can I be a vessel for Yoga? Right? You can cultivate that just by deep deepening your relationship with you guys.

269

00:31:47.460 --> 00:31:48.540

Susanna Barkataki (she/her): And then

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00:31:48.600 --> 00:31:54.840

Susanna Barkataki (she/her): Yoga also came to us in a context that was not under, You know.

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00:31:54.920 --> 00:32:08.020

Susanna Barkataki (she/her): globalized capitalism for the majority of its life on this planet. It's been in a context of spiritual development, one where there wasn't a exchange of money. There was exchange, though.

272

00:32:08.480 --> 00:32:12.979

Susanna Barkataki (she/her): and that often would be spiritual exchange. It might be, you know.

273

00:32:13.110 --> 00:32:17.559

goods or food in exchange for spiritual teachings.

274

00:32:17.640 --> 00:32:29.909

Susanna Barkataki (she/her): And so there's there's this, I think, confusion today of like, because I practice Yoga, and because it was a tradition of donna of of generosity that I should be doing that now.

275

00:32:31.460 --> 00:32:32.700

Susanna Barkataki (she/her): that's not true.

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00:32:33.360 --> 00:32:37.100

Susanna Barkataki (she/her): because of the context that we're in right. If you were in

277

00:32:38.040 --> 00:32:52.310

Susanna Barkataki (she/her): a different context, then Yes, you could be perhaps giving Yoga for free, but for many of us that's just not realistic. It's it's not in this Again, my perspective on it where we are.

278

00:32:54.230 --> 00:32:55.829

Susanna Barkataki (she/her): I'll also share that

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00:32:55.910 --> 00:32:59.690

Susanna Barkataki (she/her): I've taught yoga practices for free for decades.

280

00:33:00.000 --> 00:33:06.850

Susanna Barkataki (she/her): and i'm also charged those of you who are here here because you paid to come into a space that cost money right.

281

00:33:06.960 --> 00:33:09.499

Susanna Barkataki (she/her): and when I talk for free.

282

00:33:09.870 --> 00:33:23.419

Susanna Barkataki (she/her): far fewer people would come, and they wouldn't value what I was sharing as much as when they're paying for it. And I think that's part of the context of you know again that that we're conditioned to.

283

00:33:23.660 --> 00:33:32.590

Susanna Barkataki (she/her): And there is another issue of of offering things for free, which is, and i'll do a like a small kind of case study of when I move to Orlando.

284

00:33:33.080 --> 00:33:39.790

Susanna Barkataki (she/her): Florida. I don't live there now. I began running teacher paintings, and I was really excited to

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00:33:39.800 --> 00:33:55.019

Susanna Barkataki (she/her): create more diversity of the teaching. You know, teachers who are from black and brown communities, particularly because that wasn't represented there, and students would graduate, and they would be like, i'm going to offer free over here. I'm going to offer free over here.

286

00:33:55.080 --> 00:34:05.219

Susanna Barkataki (she/her): But the few teachers who like there was one really wonderful big yoga class in the park that wasn't expensive donation, 5, \$10 donation.

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00:34:05.520 --> 00:34:08.259

Susanna Barkataki (she/her): Their classes were getting undercut

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00:34:08.310 --> 00:34:11.049

Susanna Barkataki (she/her): by my grads, who are offering for Yoga.

289

00:34:11.199 --> 00:34:12.259

Susanna Barkataki (she/her): And so

290

00:34:12.280 --> 00:34:19.319

Susanna Barkataki (she/her): the whole point of supporting folks of color in their you of a leadership got undermined by

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00:34:19.550 --> 00:34:21.299

Susanna Barkataki (she/her): free right. So

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00:34:21.500 --> 00:34:32.760

Susanna Barkataki (she/her): I really don't actually suggest you offer yoga for free, regardless of your positionality, unless there's one provider I want to be really clear about this. There's a specific community

293

00:34:32.820 --> 00:34:50.119

Susanna Barkataki (she/her): that you're working with. Like. So context for me. I go into my kiddo school. I will offer yoga for free there, right because it's a closed community. I'm not a hey public, you know. Free kids, Yoga. No. But in a particular community where i'm serving a public school that I have a relationship with.

294

00:34:50.290 --> 00:35:03.649

Susanna Barkataki (she/her): If I was gonna offer a public kids yoga class, I would, and I wanted it to be accessible, I would say sliding scale, you know, suggested 5 to \$20. No one turned away for lack of funds. Right? So that's a way to address that

295

00:35:04.820 --> 00:35:14.040

Susanna Barkataki (she/her): I think public facing should cost something. So you're not undercutting the folks who make a living from teaching.

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00:35:14.070 --> 00:35:16.189

Susanna Barkataki (she/her): and

297

00:35:16.720 --> 00:35:18.919

Susanna Barkataki (she/her): and you should feel really

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00:35:19.070 --> 00:35:29.569

Susanna Barkataki (she/her): justified in charging for what you offer a price that feels aligned because of all the money you've invested right in the trainings you've taken, and the value that you'll bring

299

00:35:29.580 --> 00:35:45.629

Susanna Barkataki (she/her): how you get to a point of agreeing on that with the community that you're teaching is really going to be a give and take between that community and and you right, so I often, when I wanted to make it accessible, I would do just that sliding scale. I have a suggestion

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00:35:46.090 --> 00:35:52.530

Susanna Barkataki (she/her): and then say no one turned away for lack of funds, and that that works really really well.

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00:35:52.960 --> 00:35:57.999

Susanna Barkataki (she/her): I'm just looking to see if there's any comments on this they would have any

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00:35:58.710 --> 00:36:07.420

Susanna Barkataki (she/her): any questions about this. So I mean, looking back closely at your any ideas and how you can address this. Yeah.

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00:36:08.130 --> 00:36:13.659

Susanna Barkataki (she/her): The last piece as a non South Asian person is to

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00:36:13.710 --> 00:36:25.369

Susanna Barkataki (she/her): to offer reparations, and that's something I do as a South Asian person is living in the West, and this is in your bonuses section.

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00:36:25.440 --> 00:36:26.910

Susanna Barkataki (she/her): in the

306

00:36:28.810 --> 00:36:41.759

Susanna Barkataki (she/her): in the course portal. But let me just share my screen so you can see it. So in this the training and resources I love, and it's training 8 org and resources. So there's a lot of different

307

00:36:41.770 --> 00:36:49.340

Susanna Barkataki (she/her): like other folks to learn from cool books. Stuff like that. But resources right? So reparations

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00:36:49.520 --> 00:36:56.989

Susanna Barkataki (she/her): as part of any program that you're in with me. I'm always thinking about my positionality and power.

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00:36:57.220 --> 00:37:13.450

Susanna Barkataki (she/her): And there are ways where i'm benefiting, for example, as a non indigenous person to this land, and as a non black person living in the Us. And and as an Indian person living in the diaspora right? So I give

310

00:37:13.630 --> 00:37:25.659

Susanna Barkataki (she/her): on a regular basis to organizations that support indigenous well, being black, well being, and then South Asian Yoga organizations in India.

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00:37:25.800 --> 00:37:29.699

Susanna Barkataki (she/her): So that's been my process of thinking about. How can I

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00:37:29.760 --> 00:37:31.170

Susanna Barkataki (she/her): profit from?

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00:37:31.410 --> 00:37:47.630

Susanna Barkataki (she/her): You know enough to like, have a a life, but give whatever it's gonna be. You might decide 1, 5, 1010, 20%, whatever percentage it can be really helpful to think of it in terms of percentages. So there's all these different organizations for folks

314

00:37:48.040 --> 00:38:03.399

Susanna Barkataki (she/her): to explore humanitarian aid intersectional equity organizations right, and know that this this can always be evolving right doesn't have to it doesn't have to be something that you

315

00:38:04.180 --> 00:38:08.350

Susanna Barkataki (she/her): do all at once. But you could, for example, figure out a price.

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00:38:08.710 --> 00:38:27.029

Susanna Barkataki (she/her): do this finding scale, and then say, 10 of what comes in is gonna go to, and it can be really cool, cool, educational opportunity. When you run, say a workshop to say good a percentage of this. The profits from this are going to go to and then name

317

00:38:27.040 --> 00:38:31.520

Susanna Barkataki (she/her): name the org that it's gonna go to. So

318

00:38:31.570 --> 00:38:37.249

i'll give you another example of this a couple of years ago I led

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00:38:37.810 --> 00:38:40.429

Susanna Barkataki (she/her): Gosh, now 2 years.

320

00:38:41.050 --> 00:38:47.809

Susanna Barkataki (she/her): and I like to be really concrete, right? So we did this, belonging for South Asians as a collab with a couple of other teachers.

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00:38:48.140 --> 00:38:58.030

Susanna Barkataki (she/her): and it was not cheap. Looking back, I would have charged more because it was so much work, but it was \$500. We did full impartial scholarships.

322

00:38:58.240 --> 00:39:01.470

Susanna Barkataki (she/her): and we also, so

323

00:39:01.560 --> 00:39:03.140

Susanna Barkataki (she/her): we did.

324

00:39:03.310 --> 00:39:05.390

Susanna Barkataki (she/her): 50% were

325

00:39:05.420 --> 00:39:15.160

Susanna Barkataki (she/her): full pay, 500 bucks, 25% were half price scholarships and 25% were full scholarships of the 40 participants.

326

00:39:15.300 --> 00:39:34.540

Susanna Barkataki (she/her): And then we did. 15 of the profit went to specific oryx. Right. So quality labs, and we explained who they are and what they do. They work on caste, abolition and dignity and power. Now, organization that fights for the dignity and power of all incarcerated people.

327

00:39:35.200 --> 00:39:48.510

Susanna Barkataki (she/her): So as an educational opportunity, as well as when we were bringing our ethics into practice in a really concrete way, and i'll drop the link to this if you want to. Just look at this as an example. Right?

328

00:39:48.520 --> 00:39:56.699

Susanna Barkataki (she/her): So stop sharing. So that was very detailed. I'd like to give you specifics as much as I can, but any questions

329

00:39:57.010 --> 00:40:09.509

Susanna Barkataki (she/her): on that, if i'm feeling like he will be part of my save a not the focus of my business. Yes, yeah, you can always reserve right a percentage of the things you do that are either free or low cost.

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00:40:09.520 --> 00:40:27.630

Susanna Barkataki (she/her): For example, I consult to organizations and give talks like keynotes and things, and my standard right now has raised it went up from like 250 for keynote to 500 to a 1,000. Now it's \$2,000. Do I get paid that often? No. I often work with organizations

331

00:40:27.640 --> 00:40:31.129

at either a greatly reduced amount, or

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00:40:31.340 --> 00:40:45.090

Susanna Barkataki (she/her): i'll work with organizations for free. But it's a percentage of the talks that I give over a year. So say i'm gonna give 10 talks i'll do 2 that are either free. 5 that are, you know, reduced, cost right, and

333

00:40:45.300 --> 00:40:49.799

Susanna Barkataki (she/her): 4 or 5. That are my full. It's less than 3 to 4 that are my full rate.

334

00:40:49.990 --> 00:40:51.770

So

335

00:40:52.880 --> 00:40:56.729

Susanna Barkataki (she/her): question was, how to address profiting off Yoga. Yes, so

336

00:40:56.890 --> 00:40:59.650

Susanna Barkataki (she/her): make it accessible definitely. Charge

337

00:40:59.960 --> 00:41:03.229

Susanna Barkataki (she/her): and practice reparations by the answers to that one.

338

00:41:03.530 --> 00:41:05.350

Okay.

339

00:41:06.630 --> 00:41:23.089

Susanna Barkataki (she/her): next question. There's a Karen so excited to see you here, and you have a few questions. I'm gonna answer to Santa. The practice in teaching during this count towards your hours for your teacher. Training? Absolutely. Yes, yes, yes, yes.

340

00:41:23.960 --> 00:41:26.409

Susanna Barkataki (she/her): Kosha. Care meditation.

341

00:41:26.470 --> 00:41:31.450

Susanna Barkataki (she/her): Besides, the welcome module is there a suggested practice of this meditation.

342

00:41:33.260 --> 00:41:40.679

Susanna Barkataki (she/her): So in the welcome module there is a practice for balancing your nervous system with with the Co.

343

00:41:41.420 --> 00:41:53.510

Susanna Barkataki (she/her): I highly suggest you use that as much as you can whenever you need it. Whenever you need the support for me. It's something I practice all the time

344

00:41:54.480 --> 00:42:06.689

Susanna Barkataki (she/her): looking at Anemia Kosha and my hungry. Am I tired? And my, you know. What do I need right now and then caring for that kind of my Kosha? How is my breath right. And so, having that regular practice.

345

00:42:06.750 --> 00:42:09.869

Susanna Barkataki (she/her): and trains us to be able to check in with those things

346

00:42:09.910 --> 00:42:10.830

Susanna Barkataki (she/her): throughout

347

00:42:10.890 --> 00:42:12.060

Susanna Barkataki (she/her): our lives.

348

00:42:12.410 --> 00:42:16.430

Susanna Barkataki (she/her): So once a week, if you can, you know, or as needed.

349

00:42:20.810 --> 00:42:30.769

Susanna Barkataki (she/her): and then do the Yamas, I him. So you mentioned the example of sweeping the paths at the Retreat center, which sounds like, Say, that does the fuma and others

350

00:42:30.780 --> 00:42:47.480

Susanna Barkataki (she/her): the overlap in practice absolutely. They all kind of telegraph into one another. And actually, in any Emma you can find all the others. And then, Yamas, and in any you find all the others. So any deep practice it's like. When the Dalai Lama says, my religion is kindness

351

00:42:47.780 --> 00:42:56.900

Susanna Barkataki (she/her): right like we can just practice one, and through practicing one you'll touch all of the rest if you go deep deep into it.

352

00:42:57.470 --> 00:43:12.150

Susanna Barkataki (she/her): I want to to see, because there's some other questions that came in. But I want to see if there's any questions that

want to be answered or asks live right now. Yes, they're all recorded. Everything is recorded.

353

00:43:12.360 --> 00:43:15.140

Susanna Barkataki (she/her): N. So let me make sure you can unmute. Yes.

354

00:43:15.210 --> 00:43:19.490

Susanna Barkataki (she/her): Would anyone like to raise your hand and speak into the space.

355

00:43:20.170 --> 00:43:21.680

Susanna Barkataki (she/her): Ask a question.

356

00:43:38.500 --> 00:43:39.700

Nichole BPN (she/her): Good question.

357

00:43:42.780 --> 00:43:53.069

Nichole BPN (she/her): So I I think I've just been anxious about teaching, and I think that's part of what's like stopped me from submitting my like final

358

00:43:53.080 --> 00:44:11.699

Nichole BPN (she/her): like certificate or whatever. And i'm just curious. I know you said you're like an introvert at heart. Kind of how did you get yourself to the place where you could like naturally just teach flows that really resonated with you instead of like feeling like you had to like.

359

00:44:11.710 --> 00:44:18.779

Nichole BPN (she/her): plan it out based on what someone else does or like. How did you kind of step into that space for yourself if that makes sense?

360

00:44:18.840 --> 00:44:19.810

Susanna Barkataki (she/her): Yeah.

361

00:44:19.880 --> 00:44:28.380

Susanna Barkataki (she/her): First of all, Nicole, I'm just gonna ask this. Can folks raise their hand or like, do a reaction If you also have felt that way.

362

00:44:28.560 --> 00:44:33.659

Susanna Barkataki (she/her): nervous or yeah, insecure shy about teaching or sharing. Yeah.

363

00:44:33.960 --> 00:44:39.009

Susanna Barkataki (she/her): you are not alone. You are not alone and

364

00:44:43.180 --> 00:44:44.529

Susanna Barkataki (she/her): think about.

365

00:44:49.290 --> 00:44:51.099

Susanna Barkataki (she/her): I truly think

366

00:44:53.100 --> 00:44:59.539

Susanna Barkataki (she/her): that it's almost like I had to push myself right like I had to push myself

367

00:44:59.650 --> 00:45:01.550

Susanna Barkataki (she/her): past the nervousness

368

00:45:01.640 --> 00:45:03.540

Susanna Barkataki (she/her): in order to.

369

00:45:04.970 --> 00:45:07.359

Susanna Barkataki (she/her): in order to

370

00:45:08.170 --> 00:45:15.039

Susanna Barkataki (she/her): to just like, get out there and practice because it was doing it that helped me

371

00:45:15.200 --> 00:45:28.670

Susanna Barkataki (she/her): get more and more and more useful. And it's really only I mean, I hope, for others. It doesn't take you this long, but it took me like 5, 5 to 10 years, really of of consistent teaching

372

00:45:28.680 --> 00:45:41.650

Susanna Barkataki (she/her): before I could show up, and not have to overcome all my nerves, and i'll share some really concrete practices, actually, that I do. So let me just pull them up because I was just writing about this

373

00:45:42.660 --> 00:45:44.350

Susanna Barkataki (she/her): with My.

374

00:45:46.270 --> 00:45:57.279

Susanna Barkataki (she/her): I'm. About to send an email to folks who were on my Tedx team who wanted to share about the Tedx talk, and

375

00:45:57.550 --> 00:45:59.799

Susanna Barkataki (she/her): i'm just gonna share this with you. Now

376

00:46:02.970 --> 00:46:04.069

Susanna Barkataki (she/her): see me

377

00:46:04.250 --> 00:46:06.720

Susanna Barkataki (she/her): here and see this again, if you are on that.

378

00:46:06.820 --> 00:46:08.950

So

379

00:46:09.090 --> 00:46:11.420

Susanna Barkataki (she/her): here's what I do.

380

00:46:12.040 --> 00:46:13.060

Susanna Barkataki (she/her): Hi!

381

00:46:13.500 --> 00:46:16.189

Susanna Barkataki (she/her): Do some concrete things, and i'll drop this in the chat, too.

382

00:46:16.780 --> 00:46:19.950

Susanna Barkataki (she/her): I set an intention before I teach you practice

383

00:46:21.570 --> 00:46:34.869

Susanna Barkataki (she/her): particularly, because if i'm nervous, my energies on me right, it's not on the people that i'm teaching. But if i'm there to like help, folks learn, or to help give an experience of peace.

384

00:46:34.990 --> 00:46:36.189

Susanna Barkataki (she/her): or

385

00:46:37.020 --> 00:46:56.239

Susanna Barkataki (she/her): to help people feel more powerful. Then it's like I get out of my own way, and I let the teaching come through. So I set that intention, and I really use that, and I come back to I find a

mantra or phrase to guide me. I tell myself that my voice matters right, and I am a vital voice, and I needed

386

00:46:56.900 --> 00:47:13.599

Susanna Barkataki (she/her): I might before I teach or share chance. That really helps me, because my voice gets stuck like in my throat. And when I first started teaching. My students told me they couldn't even hear what I was saying, because my voice is so quiet, so part of my path.

387

00:47:13.610 --> 00:47:25.649

Susanna Barkataki (she/her): And this is for years. Right? It wasn't just like a one time thing it was. For a long time part of my path has been unlocking that throat, Chakra and and I do that through tating, through singing, both right before I teach.

388

00:47:25.710 --> 00:47:34.419

Susanna Barkataki (she/her): you know, privately not in front of everyone, and also on a consistent basis in my personal satellite like in the morning.

389

00:47:35.550 --> 00:47:37.930

Susanna Barkataki (she/her): and I will often chant

390

00:47:37.990 --> 00:47:42.520

Susanna Barkataki (she/her): to begin in order to also warm my voice up. In that moment

391

00:47:42.830 --> 00:47:51.509

Susanna Barkataki (she/her): I let in sisters guide me. I call in my team. I feel the support. I know i'm not alone right? And and let the message come through me.

392

00:47:51.650 --> 00:47:55.240

Susanna Barkataki (she/her): I let my sharing be an active ceremony, a liveation.

393

00:47:56.610 --> 00:48:02.780

Susanna Barkataki (she/her): I tune into nervous energy as actually good and productive that I think that it's

394

00:48:03.340 --> 00:48:07.350

Susanna Barkataki (she/her): yeah. Who said that fear is excitement without the breath gay, and Katie

395

00:48:07.400 --> 00:48:11.070

Susanna Barkataki (she/her): and tricks. Maybe that idea that

396

00:48:11.340 --> 00:48:17.490

Susanna Barkataki (she/her): if i'm feeling fear and nervousness that i'm excited and try to breathe deeply.

397

00:48:17.570 --> 00:48:22.640

Susanna Barkataki (she/her): I let myself dance on that growing edge and show up as fully as I can.

398

00:48:23.110 --> 00:48:39.640

Susanna Barkataki (she/her): I do some sort of physical exercise to channel that energy in my body, it might shake or bounce. Take a power pose, take a minute to take up space. Know that i'm a powerful voice in the room, that I will take up space, for in service of right. That intention

399

00:48:40.810 --> 00:48:43.459

I smile and connect to folks

400

00:48:43.510 --> 00:48:45.359

Susanna Barkataki (she/her): know that it's

401

00:48:45.680 --> 00:48:54.890

Susanna Barkataki (she/her): a moment right, and in this actually, i'm writing because of speaking. If I was teaching Yoga, it's more like the time for the the practice of you get to shine.

402

00:48:55.530 --> 00:48:56.740

Susanna Barkataki (she/her): and

403

00:48:57.730 --> 00:49:02.940

Susanna Barkataki (she/her): my I come back to an intention to have fun, right to stay connected to breathe.

404

00:49:03.140 --> 00:49:05.589

Susanna Barkataki (she/her): Speak from the heart, listen from the heart.

405

00:49:05.730 --> 00:49:07.510

Susanna Barkataki (she/her): Keep that connection.

406

00:49:07.690 --> 00:49:08.970

Susanna Barkataki (she/her): and

407

00:49:09.560 --> 00:49:17.099

Susanna Barkataki (she/her): I love this quote: Yoga is a way of life. It changes you, therefore changes the way you relate to other people and influence your environment.

408

00:49:17.540 --> 00:49:23.460

Susanna Barkataki (she/her): It's so you feel free to screenshot. Also drop that in the chat.

409

00:49:23.670 --> 00:49:24.560

Susanna Barkataki (she/her): So

410

00:49:24.680 --> 00:49:26.569

Susanna Barkataki (she/her): got it.

411

00:49:27.230 --> 00:49:28.969

Susanna Barkataki (she/her): I hope that's helpful, Nicole.

412

00:49:29.030 --> 00:49:34.489

Susanna Barkataki (she/her): I do all those things i'm always adding to my list of what I do, because I

413

00:49:34.870 --> 00:49:37.819

Susanna Barkataki (she/her): I still get nervous. It's very normal.

414

00:49:37.860 --> 00:49:39.239

Susanna Barkataki (she/her): and I just

415

00:49:39.260 --> 00:49:41.040

Susanna Barkataki (she/her): like the part of me that's like

416

00:49:45.640 --> 00:49:55.830

Susanna Barkataki (she/her): It's like this message is more important than my fear. Right so like what you and knowing you like, what you have to share, is so much more important than your

417

00:49:56.080 --> 00:50:00.119

Susanna Barkataki (she/her): fear, your insecurity, like the things you might do that are that are not

418

00:50:00.970 --> 00:50:11.700

Susanna Barkataki (she/her): what you wish, or that aren't an alignment like. Let that go. We need you. We need your voice. We need you to teach. I mean the people who can hear this from you like so need you, and this is for everyone.

419

00:50:12.820 --> 00:50:15.670

Susanna Barkataki (she/her): So please please, please like

420

00:50:16.750 --> 00:50:24.839

Susanna Barkataki (she/her): care for yourself like love yourself up so you can take up that space because we really really need it from now.

421

00:50:25.060 --> 00:50:38.610

Nichole BPN (she/her): Yeah, thank you so much that was really helpful. I do. I incorporate a lot of the philosophy, but when it comes to doing us in the I like, I'm just like it's not. I'm not ready. I'm: not ready. So that was really helpful. Thank you.

422

00:50:38.770 --> 00:50:53.379

Susanna Barkataki (she/her): Yeah. Yeah. And remembering to that, like the people who come to us are often someone once told me it's like your students are kinda like you 5 years ago, or 3 years ago, not in a like hierarchical way, but in a

423

00:50:53.530 --> 00:50:54.290

Susanna Barkataki (she/her): like

424

00:50:55.120 --> 00:50:56.819

Susanna Barkataki (she/her): you you don't have to be

425

00:50:57.140 --> 00:51:12.799

Susanna Barkataki (she/her): a go to. You just have to know a few things that are gonna help them, and they can be things that help you and your students can help you, too, right? So you don't have to be an expert. You get to just share your experience, and they're gonna find value in it. They're gonna receive so much from you.

426

00:51:13.860 --> 00:51:24.459

Susanna Barkataki (she/her): Yeah, Jamie, I like to think my nervousness means I care deeply about my participants. Yes, so much fear can mean feeling excited. And

427

00:51:25.920 --> 00:51:32.999

Susanna Barkataki (she/her): we I am acronym I received in my coach. Oh, and ready. So nice Feeling excited. I'm: ready. Yeah.

428

00:51:33.480 --> 00:51:34.390

Susanna Barkataki (she/her): Okay.

429

00:51:34.830 --> 00:51:37.979

Susanna Barkataki (she/her): Anything else, Kristy. I see your hand.

430

00:51:41.110 --> 00:51:43.900

Christie: No, I meant to take it down. Sorry

431

00:51:44.270 --> 00:51:52.410

Christie: it was in regards to agreeing with being nervous about teaching. So okay.

432

00:51:53.080 --> 00:51:54.129

Susanna Barkataki (she/her): welcome.

433

00:51:54.360 --> 00:51:58.589

Susanna Barkataki (she/her): welcome to the party of that

434

00:51:58.880 --> 00:52:03.139

Susanna Barkataki (she/her): I? Karen asked another question. And I want to. Just

435

00:52:03.420 --> 00:52:20.130

Susanna Barkataki (she/her): we to out. Are there deities aligned with the Yamas, and other at the 8 limbs of Yoga. I'm fortunate to have a Hindu temple near me for poker. They invite the public to visit love. This choose the most. I choose the most peaceful space and deity to pray and meditate.

436

00:52:20.180 --> 00:52:31.650

Susanna Barkataki (she/her): I'm curious to know if there are particular deities aligned with the different practices of Yoga. Any other suggestions as I visit the Temple to practice living a yogic life any other thoughts on this topic.

437

00:52:32.330 --> 00:52:52.159

Susanna Barkataki (she/her): If you're lucky enough to have a temple, a gurdwar, you know a mosque it spiritual like church anywhere that feels sacred to you, and and this could also be for folks who prefer not to go the way of like organized religion could be a place in nature right?

438

00:52:53.100 --> 00:52:58.299

Susanna Barkataki (she/her): I often suggest going and tuning in to

439

00:52:58.500 --> 00:53:11.120

Susanna Barkataki (she/her): the culture that exists in that place, and that goes for whether it's a temple, you know, or Nature Church is like going and kind of feeling into like, how does this place want me to relate to it

440

00:53:11.160 --> 00:53:16.959

Susanna Barkataki (she/her): where people welcoming me and or the beings here welcoming me, and

441

00:53:17.440 --> 00:53:29.150

Susanna Barkataki (she/her): and in terms of deities, I mean Shiva is the prototypical, the I. Yogi, the first Yogi and the teacher of Yoga, and so connecting to Shiva, for sure

442

00:53:30.080 --> 00:53:41.930

Susanna Barkataki (she/her): in the stories in the practice, and then also, but all of the deities right. All of the duties are ways in 2 aspects of our divine nature.

443

00:53:42.530 --> 00:53:54.660

Susanna Barkataki (she/her): All of the feminized duties are incarnations of Shakti, which is like the power where we started this whole conversation with like the power within the power of Yoga.

444

00:53:54.670 --> 00:54:04.509

Susanna Barkataki (she/her): And so really, I would say where you're drawn, you know. Go with what where you feel connected, and where you feel inspired and enliven.

445

00:54:04.920 --> 00:54:22.779

Susanna Barkataki (she/her): and then talk to people. If you're going to a place where there are people talk to. People ask them about the practice I want to give the provider to organize. Religion is not without its complexities, and so there can be, You know there can be things if you're going into a temple or a good word that

446

00:54:22.790 --> 00:54:28.089

Susanna Barkataki (she/her): one you want to go in respectfully, but to there maybe

447

00:54:28.440 --> 00:54:31.260

Susanna Barkataki (she/her): cultural kind of practices or worries that don't

448

00:54:31.430 --> 00:54:45.319

Susanna Barkataki (she/her): quite align with your values, for example, like gendered places for for folks that may not resonate for you. And so, just knowing that checking in with yourself being aware of it, and then

449

00:54:45.460 --> 00:54:51.099

Susanna Barkataki (she/her): relating accordingly: yeah, so I hope that's helpful.

450

00:54:51.290 --> 00:55:05.669

Susanna Barkataki (she/her): Hmm. I recalled your story about the monkey. D 81 right? As I sat and breathed in front of the statue. Yeah, there's so much playfulness there, and I think it's like learning, reading, listening to the stories.

451

00:55:05.680 --> 00:55:20.729

Susanna Barkataki (she/her): And maybe, you know, if if it's a place where, like I said, there are folks that you can ask them to tell you stories or ask, you know, ask for a tour that people love to share their culture and their practice often with consent.

452

00:55:24.070 --> 00:55:26.670

Susanna Barkataki (she/her): Can the Phoebe part of what we teach?

453

00:55:28.610 --> 00:55:30.149

Susanna Barkataki (she/her): Yes, I think it.

454

00:55:30.490 --> 00:55:32.819

Susanna Barkataki (she/her): Karen. Can you explain your question there?

455

00:55:34.490 --> 00:55:38.839

Susanna Barkataki (she/her): Which which one was it?

456

00:55:39.090 --> 00:55:42.379

Susanna Barkataki (she/her): Question: Can the fear be part of what we teach.

457

00:55:42.470 --> 00:55:44.780

Karen (she/her): Oh, oh, okay, oh, what I put in here.

458

00:55:44.830 --> 00:55:48.190

Karen (she/her): Yeah. In other words, like almost like a transparency.

459

00:55:48.240 --> 00:55:55.139

Karen (she/her): Yeah, I mean, we don't want to come in and say, I don't know what the heck i'm doing. The other hand.

460

00:55:55.810 --> 00:56:02.219

Karen (she/her): like being vulnerable and being transparent, not that I know how to do it. I'm just wondering if we should just

461

00:56:02.370 --> 00:56:05.040

Karen (she/her): kind of make it part of what we're teaching.

462

00:56:05.420 --> 00:56:18.869

Susanna Barkataki (she/her): Yeah, I love that. I think that's right like I'll let people know when I go in and do a keynote to an audience who I've never met before. I did one last night to was a group of climate activists, youth, climate, activists.

463

00:56:18.950 --> 00:56:30.179

Susanna Barkataki (she/her): And one of the things I share is i'm shy. And so we're gonna begin with the meditation because it helps me settle hopefully. It'll help you settle right. So i'm I do it in a way to.

464

00:56:31.660 --> 00:56:33.250

Susanna Barkataki (she/her): because the thing is.

465

00:56:33.480 --> 00:56:39.880

Susanna Barkataki (she/her): people know, but they can lead our energy. And so, if we aren't transparent, they feel it anyway.

466

00:56:39.890 --> 00:56:56.860

Susanna Barkataki (she/her): And so it can be really helpful to be transfer, not to give the whole story not to like. Make it now about me right, but just to give a little insight into that like Here's what we're doing, and why, you know, or I am nervous. It's because I really care about this, and I want you to have a good experience.

467

00:56:56.870 --> 00:57:00.739

Susanna Barkataki (she/her): Let's explore, you know, and and then you you

468

00:57:00.760 --> 00:57:04.619

Susanna Barkataki (she/her): let them in, and then you turn it back to to their experience.

469

00:57:06.810 --> 00:57:13.619

Susanna Barkataki (she/her): Let's see, there was one last thing that I want to address, which is around.

470

00:57:14.960 --> 00:57:23.329

Susanna Barkataki (she/her): How can we keep joy while advocating for better conditions and experiencing burnout? And particularly, you know.

471

00:57:23.340 --> 00:57:37.660

Susanna Barkataki (she/her): for folks like teachers who are in, and there are many of you, maybe a nonprofits corporate world who are in conditions that are absolutely untenable like they just are not right. And when we're talking about power, there's a ton of power over

472

00:57:37.980 --> 00:57:41.920

Susanna Barkataki (she/her): trying to use your power for good, but it's really hard. And so

473

00:57:42.050 --> 00:57:48.100

Susanna Barkataki (she/her): how do we maintain joy when we're so beholden to these systems that are like

474

00:57:48.200 --> 00:57:49.649

Susanna Barkataki (she/her): uprooting us.

475

00:57:52.090 --> 00:57:54.059

Susanna Barkataki (she/her): I think that is the question

476

00:57:54.190 --> 00:58:01.060

Susanna Barkataki (she/her): right? That is a question I don't have a pat answer, or of a perfect suggestion for you.

477

00:58:01.570 --> 00:58:17.599

Susanna Barkataki (she/her): I'm also with you, and I would imagine that other folks here, too, are with you, and so I know, like right now one of the people who's in this program wrote in and said, like i'll be doing contract negotiations on behalf of teacher rights during our call, and so just

478

00:58:18.020 --> 00:58:21.899

Susanna Barkataki (she/her): holding that like holding the tension.

479

00:58:22.400 --> 00:58:26.379

Susanna Barkataki (she/her): Another tool that I use for creating social change

480

00:58:26.730 --> 00:58:27.850

Susanna Barkataki (she/her): is

481

00:58:28.030 --> 00:58:32.379

Susanna Barkataki (she/her): holding that tension i'm holding up a rubber band between my hands and

482

00:58:32.740 --> 00:58:36.709

Susanna Barkataki (she/her): sometimes attention Feel like it's pulling so hard it's about to break.

483

00:58:36.730 --> 00:58:41.540

Susanna Barkataki (she/her): and that's when we need to practice that in a, he said, Self care.

484

00:58:41.700 --> 00:58:45.419

So it doesn't snap, so we don't snap, and then sometimes it's like

485

00:58:45.680 --> 00:58:52.080

Susanna Barkataki (she/her): it goes so slack that it's like no changes happening at all. But when we can hold the tension

486

00:58:52.310 --> 00:58:53.270

Susanna Barkataki (she/her): in

487

00:58:53.360 --> 00:59:09.129

Susanna Barkataki (she/her): a productive and also sustainable way. A third way comes right between the polarity. There's a third way. That's how social change happens. Right? It's like here and here, and then another way, and then this becomes another poll here and here, and then change happens.

488

00:59:09.140 --> 00:59:16.240

Susanna Barkataki (she/her): and so incremental change for me. It's staying positive with about the things that are working

489

00:59:16.270 --> 00:59:17.799  
Susanna Barkataki (she/her): the small wins

490  
00:59:17.980 --> 00:59:20.389  
Susanna Barkataki (she/her): connecting in community like this.

491  
00:59:20.470 --> 00:59:22.209  
Susanna Barkataki (she/her): and

492  
00:59:22.330 --> 00:59:39.729  
Susanna Barkataki (she/her): and turning back to to my practice. So I hope. I hope that's helpful and just like knowing that we are with you, and it will continue. Continue to be with you, and to bring in the insects from other folks into that, because you all may have insights, and i'm just gonna

493  
00:59:40.320 --> 00:59:42.439  
Susanna Barkataki (she/her): look at your notes. Yeah.

494  
00:59:49.460 --> 00:59:52.379  
Susanna Barkataki (she/her): So as we come to time.

495  
00:59:52.580 --> 00:59:55.240  
Susanna Barkataki (she/her): I know there's some other

496  
00:59:55.250 --> 01:00:14.890  
Susanna Barkataki (she/her): questions percolating, and sometimes I like to say, there's like that joy of an enclosure like he. We may end with more questions that we came in with. And that's okay. That's part of being in a learning community is holding the attention to of the learning and the growth. And you can drop those questions in, and we'll talk more in our next office hours.

497  
01:00:16.270 --> 01:00:29.489  
Susanna Barkataki (she/her): Yeah, it's okay to to share the stories and the deities. If you're not Hindu. Many of these stories are actually part of Jane or Buddhist right? They're not just Hindu stories.

498  
01:00:29.500 --> 01:00:44.680  
Susanna Barkataki (she/her): I think it's pointing to where they come from, like knowing the stories well enough to be able to to point to where they come from, and then acknowledge those routes, and then also talking about what they mean for you, because people will connect to it that way.

499

01:00:47.090 --> 01:00:48.209

Susanna Barkataki (she/her): Yeah.

500

01:00:50.960 --> 01:00:52.829

Susanna Barkataki (she/her): maybe next off.

501

01:00:53.960 --> 01:00:55.740

Susanna Barkataki (she/her): Yes.

502

01:00:55.910 --> 01:00:57.129

Susanna Barkataki (she/her): okay. Cool.

503

01:00:59.260 --> 01:01:00.770

Susanna Barkataki (she/her): wonderful.

504

01:01:03.060 --> 01:01:20.759

Susanna Barkataki (she/her): So that as we close, if you could drop in the tat. One thing that you're taking away from our exploration, maybe about power way, that you'll cultivate internal power inner power, more awareness, right? Something that's an aha!

505

01:01:20.990 --> 01:01:23.660

Susanna Barkataki (she/her): A practice that you may be taking with you.

506

01:01:25.380 --> 01:01:27.290

Susanna Barkataki (she/her): You can track that in the chat

507

01:01:27.780 --> 01:01:29.049

Susanna Barkataki (she/her): if you would like.

508

01:01:32.510 --> 01:01:33.669

Susanna Barkataki (she/her): Hmm.

509

01:01:34.270 --> 01:01:36.529

Susanna Barkataki (she/her): Here is excitement without the breath.

510

01:01:36.550 --> 01:01:43.889

Susanna Barkataki (she/her): Every voice is needed and powerful. When I connect to myself and community, I am empowered

511

01:01:45.990 --> 01:01:52.180

Susanna Barkataki (she/her): to share my voice and talents. Yes, we evaluating my relationship with the idea of power. Yes.

512

01:01:52.890 --> 01:02:01.899

Susanna Barkataki (she/her): it's always happening whether we're aware of it or not. It's always there, and so, being in relationship to it, allows us to use our power for good. Right?

513

01:02:02.800 --> 01:02:06.219

Susanna Barkataki (she/her): I'm exploring what grounded true power feels like in my body.

514

01:02:06.420 --> 01:02:09.799

Susanna Barkataki (she/her): My message is more important than my fear.

515

01:02:14.070 --> 01:02:17.079

Susanna Barkataki (she/her): Yeah, I love this. Wow!

516

01:02:17.280 --> 01:02:33.550

Susanna Barkataki (she/her): Wow! So, and noticing like I'm noticing for me, maybe for you being in spaces like this, they fill me up. They make me feel more inspired and more powerful like, I can go out there and create the change that i'm hoping to create.

517

01:02:34.980 --> 01:02:40.379

Susanna Barkataki (she/her): Take care of yourself while doing the activism. Yeah, so you can keep up when tensions are high.

518

01:02:40.680 --> 01:02:46.460

Susanna Barkataki (she/her): of the rubber band of tension to include joy in self care as well as moving towards change. Yeah.

519

01:02:46.860 --> 01:03:05.819

Susanna Barkataki (she/her): it's very valuable to have space to talk about you again. You'll be teaching. I'm so excited that you all are here, and for folks listening to the replay, and just again a note that the next time I see you will be the next office hours, and I will be on pilgrimage, and I will be bringing back

520

01:03:05.830 --> 01:03:23.890

Susanna Barkataki (she/her): so much to our community as I return from that, and a reminder that you can take grand gestures like this right if it's available to you. It's also a great privilege to be able to, and you can pilgrimage in your own life, and you know, by walking to a sacred space

521

01:03:23.900 --> 01:03:32.339

Susanna Barkataki (she/her): that you declare as a sacred space which could be the bottom of your bed, or you know a tree down the street or anywhere you are.

522

01:03:33.120 --> 01:03:35.990

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

523

01:03:36.800 --> 01:03:43.919

Susanna Barkataki (she/her): We'll close and take a moment to just anchor in those that has that power.

524

01:03:47.560 --> 01:03:52.469

Susanna Barkataki (she/her): deep breath in and deep breath out

525

01:03:53.520 --> 01:03:57.870

Susanna Barkataki (she/her): inhaling. If you'd like, you can chat with me

526

01:04:01.010 --> 01:04:02.429

Susanna Barkataki (she/her): full breath out.

527

01:04:06.300 --> 01:04:12.029

Susanna Barkataki (she/her): Oh.

528

01:04:15.540 --> 01:04:24.830

Susanna Barkataki (she/her): peace, peace and power, power, power!

529

01:04:25.590 --> 01:04:30.630

Susanna Barkataki (she/her): Thank you so much. To each of you. You can unmute and say goodbye if you like, and i'll see you soon.

530

01:04:32.150 --> 01:04:38.399

Lezlee Ann: Thank you, bye, bye, bye.

531

01:04:38.820 --> 01:04:40.100

Emily Dorey (she/her): thank you.

532

01:04:40.500 --> 01:04:42.370

Angie Shere--(she/they): bye, bye.

533

01:04:42.740 --> 01:04:43.779

Karen (she/her): bye.