



00:01:55 Susanna Barkataki (she/her): Welcome! This is In Jyoti's Name by Anoushka Shankar!

00:02:14 Susanna Barkataki (she/her): How are you today .. .drop 2 words or a sentence!

00:02:26 Vivianne Cardenas: Energized, driven, confident

00:02:30 Lauren Cook: energetically shifting

00:02:32 Elle: Encouraged, tired, hopeful, grateful, y'all. ❤️

00:02:37 Isabella : Tired but happy to be hear ❤️

00:02:37 Stacie Orsagh: excited AND overwhelmed

00:02:38 Alia Carroll: Hello! I am excited to dive deeper with my fellow yogis!

00:02:52 Brandy Tidwell (she/her): Grounded, groundless, grateful

00:02:55 astrid (she/her): excited

00:03:15 Lynne Prouhet's iPad: Hello! Super happy to be here.

00:03:16 Mariana Schmalstig Diaz: happy to be in community

00:03:33 Lisa: Finally so happy to be here!!! <3

00:03:38 Karen McMillan | YINpreneur: Peace and gratitude 🙏

00:03:41 Jamie (she/her) @tharavadayoga: Present, self-aware in a positive way. Just listened to the video for this month 😊

00:05:20 Leaf 🌱 (they/them): finding more balance

00:05:26 Jessica Fortes Mesquita: Sleepy but excited, its my first get together

00:06:14 Emily Dorey (she/her): So exciting! Sunaina is amazing

00:09:39 Karen McMillan | YINpreneur: You are muted Susanna

00:19:59 Alia Carroll: Can anyone repeat the question?

00:20:56 Andrea @alovincoven: What your current relationship to power is right now.

00:21:12 Alia Carroll: Thanks!

00:21:23 Stella Raab (we/us/ours): thanks so much Andrea! I missed it too!

00:22:19 Andrea @alovincoven: Yes! You're welcome 😊

00:29:59 Andrea @alovincoven: For submitting office hours, it is in the "Monthly Gatherings" section here: <https://yogaclasscurator.com/ycc-monthly-gatherings/>

00:30:13 Nichole BPN (she/her): Reacted to "For submitting offic..." with 👍

00:30:15 Andrea @alovincoven: The form to submit questions is here: <https://docs.google.com/forms/d/e/1FAIpQLSfLl4cmiYVXZU4xRwweMJNGvBoewdRe0yVaKjwdttPxcYea4g/viewform>

00:30:16 Stella Raab (we/us/ours): Thanks again!

00:30:21 Nichole BPN (she/her): Reacted to "The form to submit q..." with 👍

00:30:41 Andrea @alovincoven: 😊

00:31:29 Nichole BPN (she/her): honoring its roots in all classes and donating where you can
00:34:22 Lyric (she/her): I really appreciate this question and answer <3
00:34:33 Emily Dorey (she/her): Seconding that! ^
00:35:30 Stella Raab (we/us/ours): Can the question be repeated? My bad - just hard for me to focus sometimes
00:35:52 Nichole BPN (she/her): i think context is so important
00:35:53 Dominique Lynch (she/her/hers): Reciprocity is natural. When you give, expect to receive.
00:37:20 Stella Raab (we/us/ours): LOVE that! thank you Susanna
00:37:23 Carly Joelle: idea for folks who are drawn to offer free classes, make them fundraisers instead! charge a fee/donation and pass pass fees/donations on to charitable organizations that align with your mission
00:37:40 Nichole BPN (she/her): Reacted to "idea for folks who a..." with 👍
00:37:52 Carly Joelle: Reacted to "idea for folks who a..." with 👍
00:37:54 Carly Joelle: Removed a 👍 reaction from "idea for folks who a..."
00:38:04 Jamie (she/her) @tharavadayoga: A question i would ask myself: Am I making this decision from a place of guilt? How can I make this decision from a place of wholeness?

I would also consider how connected I am to my own lineage and culture? As a white person, what have I done to look at and acknowledge the harm that my lineage has done?

00:38:28 Nichole BPN (she/her): Reacted to "A question i would a..." with ❤️
00:38:35 Andrea @alovincoven: @Stella The question was how to address profiting off yoga as a white/non south asian person
00:39:07 Jamie (she/her) @tharavadayoga: Reacted to "A question i would a..." with ❤️
00:39:12 Karen (she/her): I'm feeling like FREE will be part of my seva sadhana, not the focus of my business practice.
00:41:16 Karen (she/her): Reacted to "idea for folks who a..." with 👍
00:41:18 Susanna Barkataki (she/her):
<https://belongingforsouthasians.splashthat.com/>
00:41:24 Lyric (she/her): Reacted to "A question i would a..." with ❤️
00:42:35 Stella Raab (we/us/ours): Many Thanks again @Andrea Is it possible to get a copy of the chat at the end? I've been extra tired lately and there's so much rich info here but I've been struggling to focus these days - need sleep
00:43:02 Nichole BPN (she/her): Replying to "Many Thanks again @A..."

you can save it...click the three dots at the bottom of the chat

00:43:22 Stella Raab (we/us/ours): and are there recordings of these available to rewatch later? I'd love to revisit this talk for myself
00:43:51 Andrea @alovincoven: Replying to "Many Thanks again @A..."

Yes! Thanks Nichole. We also have them in the portal I believe. These are all recorded in the portal.

00:44:11 Andrea @alovincoven: @Stella they are all recorded in the portal for you with the notes 😊

00:44:30 Stella Raab (we/us/ours): Perfect

00:45:07 Isabella : Thank you for your teachings! I have not been able to log into the portal, I emailed the support email but had no reply if someone can help, my email is bella_ludlam@hotmail.co.uk thank you so much!

00:45:39 Andrea @alovincoven: I'll email you Isabella!

00:45:39 Jamie (she/her) @tharavadayoga: Reacted to "A question i would a..." with ❤️

00:45:46 Jamie (she/her) @tharavadayoga: Removed a ❤️ reaction from "A question i would a..."

00:46:10 Isabella : Reacted to "I'll email you Isabe..." with ❤️

00:46:14 Jamie (she/her) @tharavadayoga: Removed a ❤️ reaction from "A question i would a..."

00:46:42 Christina Hsu: i feel the same even though i am already a eel teacher. i teach in the classroom everyday

00:47:48 Christie: It is an AWESOME Ted talk!

00:48:24 Karen (she/her): Reacted to "It is an AWESOME Ted..." with 🙌

00:48:30 Jamie (she/her) @tharavadayoga: Reacted to "It is an AWESOME Ted..." with 🙌

00:50:47 Karen (she/her): Can we simply allow the fear to be transparent and part of the yoga practice we teach?

00:50:47 Susanna Barkataki (she/her): Finding, Sharing and Amplifying Your Voice

- 1 Set an intention to speak from the heart.
- 2 Find a Mantra or phrase to guide you - Tell yourself my voice matters. I've got this. I am a vital voice.
- 3 Allow the sacred sound of the universe to move through you. Do vocal warm ups. Chant and sing.
- 4 Let ancestors guide you. Call in your team. Feel your people around you. Feel self as conduit- not speaker, but vessel. The message is always greater than me.
- 5 Let your sharing be an act of ceremony. Libation.
- 6 Feel nervous energy as good energy. Fear is just excitement without the breath. Let yourself dance on your growth edge. Show up more fully in your aliveness. Calm and channel that energy into passion.
- 7 Do some type of physical exercise - channel that adrenaline in the body. Shake. Bounce. Take a Power Pose. Take a minute to take up space. I am a powerful voice in the room. I will take up space. I honor myself and this message.
- 8 Smile and connect. This is your voice and your moment, your time to shine.
- 9 Prepare. What you have to say matters. You are birthing a new paradigm here. Set an intention before you share. My intention is to be me, have fun. stay connected.
- 10 Take a breath. Let your breath flow calmly and with ease. This is my moment!
- 11 Speak from the heart. Listen from heart- invite them in - sustained connection from - practice of yogic connection.
- 12 Know your ancestors, yoga and the divine has your back!

"Yoga is a way of life. It changes you and therefore changes the way you relate to other people and influence your environment."

- Vanda Scaravelli

00:51:43 Jamie (she/her) @tharavadayoga: I like to think that my nervousness means that I care deeply about my participants/audience.

00:52:09 Christie: Reacted to "I like to think that..." with ❤️

00:52:13 Elle: Reacted to "I like to think that..." with ❤️

00:52:16 Elizabeth Hill: Reacted to "I like to think that..." with ❤️

00:52:41 Karen (she/her): F.E.A.R. can mean Feeling Excited And Read 🌸 (an acronym I received in coach training)

00:52:51 Karen (she/her): Ready

00:53:26 Karen (she/her): (Q) Can the fee be part of what we teach?

00:53:41 Karen (she/her): Fear be part of what we teach?

00:54:51 Stella Raab (we/us/ours): Yes to nature <3

00:56:12 Karen (she/her): I recalled your story about the monkey deity (Hanuman) as I sat and breathed in front of the statue

00:56:55 Lezlee Ann: I love chanting and kirtan for learning stories and mantra

00:57:23 Nichole BPN (she/her): If you're not Hindu, how do you learn/teach the deities as part of what you practice?

00:59:51 Stella Raab (we/us/ours): We think we just need to do a better job of listening to each other - if that makes sense

01:02:06 Karen (she/her): 🙌 Maybe next office hours, suggestions/modifications when can't do the full 53 minutes of asana?

01:02:25 Nichole BPN (she/her): Reacted to "We think we just nee..." with ❤️

01:02:54 Leaf 🌱 (they/them): "fear is excitement without breath" 😊

01:02:55 Brandy Tidwell (she/her): every voice is needed and powerful

01:02:59 Nichole BPN (she/her): When I connect to myself and community I am empowered to share my voice and talents

01:03:01 Marlee Osbron: Reevaluating my relationship with the idea "power"

01:03:04 Karen (she/her): Replying to "If you're not Hindu,..."

In the temple, I visited they had info on a sign next to each deity. It really helped.

01:03:13 Angie Shere--(she/they): I'm going to take another look at the welcome module and revisit the Kosha meditation.

01:03:13 Sonya Marquez: That I need to share yoga because there are some ppl that can hear it through me.

01:03:21 Jamie (she/her) @tharavadayoga: I'm exploring what grounded/true power feels like in my body

01:03:22 Andrea @alovincoven: "My message is more important than my fear"

01:03:26 Lezlee Ann: Radical and intentional honesty

01:03:26 Nichole BPN (she/her): Reacted to "In the temple, I vis..." with 🙌

01:03:30 Mariana Schmalstig Diaz: I'll be more intentional about feeling more empowered by connecting with my guides and opening my throat chakra

01:03:36 Nichole BPN (she/her): Reacted to ""My message is more ..."
with ❤️

01:03:39 Karen (she/her): Awareness of the breath of how we define and
relate with power 🙏

01:03:43 Leaf 🌱 (they/them): There are people who can only learn
yoga from me

01:03:45 Nichole BPN (she/her): Reacted to "Awareness of the bre..."
with ❤️

01:03:45 Carol Lewis: Fear just means we care.

01:03:46 Amanda Halls: take care of yourself while doing the
activism so you can keep up when tensions are high

01:03:48 Cathy B. (she/her): Loved the rubber band balance of
tension to include joy and self care, as well as moving towards change.

01:03:51 Nichole BPN (she/her): Reacted to "There are people who..."
with ❤️

01:03:54 Leaf 🌱 (they/them): Reacted to "There are people who..."
with ❤️

01:03:54 Jessica Fortes Mesquita: It's very valuable to have space
to talk about yoga and yoga teaching with others that are in further
points in the journey as you

01:03:54 Mariana Schmalstig Diaz: Reacted to "take care of
yoursel..." with ❤️

01:03:56 Leaf 🌱 (they/them): Removed a ❤️ reaction from "There are
people who..."

01:04:00 Nichole BPN (she/her): Reacted to "Loved the rubber ban..."
with 👍

01:04:04 Nichole BPN (she/her): Reacted to "take care of yoursel..."
with ❤️

01:04:08 Sonya Marquez: I'm excited to be part of this community.
Thank you!

01:04:15 Nichole BPN (she/her): Reacted to "I'm excited to be pa..."
with ❤️

01:04:19 Karen (she/her): Breadth and breath of power and how we
relate to it 🙏

01:04:50 Dominique Lynch (she/her/hers): Thank you. Safe travels.

01:04:55 Emily Dorey (she/her): Safe travels Susanna!

01:04:58 Karen (she/her): Fortunate for you and us that you are doing
pilgrimage at "home" 🙏

01:05:03 Nichole BPN (she/her): Reacted to "Fortunate for you an..."
with ❤️

01:05:03 Lauren Cook: 🙏

01:05:10 astrid (she/her): more awareness of my internal power and
voice.

01:05:11 Jamie (she/her) @tharavadayoga: Safe travels! Enjoy and be
filled! <3

01:05:53 Autumn: Thank you!

01:05:58 Janie Seecharan: Thank you!

01:06:07 Karen (she/her): Thanks to the sangha too