



IGNITE INSTITUTE

FOR YOGIC LEADERSHIP & SOCIAL CHANGE

00:01:10 Savanna Maya Star: Hi YCC family 🙌🌟🙌🕯️
00:01:33 Andrea @alovincoven: Hi Savanna! Hi all 😊❤️
00:01:41 justin b (justin/they): spring sprung
00:01:46 Forbsie (she/her): Hey all! Feeling peaceful and blessed to connect
00:01:49 Elle: Hi y'all. Activated, grateful. ❤️
00:01:50 Jennifer Gardenia: Hello everyone!!!
00:01:50 Jessie Ballard: energized and sporadic
00:01:50 Leaf 🌱 (they/them): Been moving so fast, time to slow down a bit
00:01:53 Andrea @alovincoven: Feeling a little scattered, but inspired 😊
00:01:54 Justine Ferguson: Union Action - lots of action!
00:01:55 Marina Patrice Vare: A little discombobulated
00:01:57 Jamie (she/her): Greetings everyone. Feeling congested in so many ways:)
00:01:58 Rachel (she/her/hers): Ready to Ground
00:02:00 London McElvaine: Feeling an energetic momentum pick up with the season
00:02:04 Camryn Chernick: I'm excited to be here! I haven't been able to make it to one of these celebrations yet so I'm happy to be here!
00:02:05 Kiara Elliott: Focused and hopeful
00:02:10 Jennifer Griffin: My first time here, super embarrassing but what can you do
00:02:11 Alex Meade: Feeling ok. Could do with a bit of grounding though.
00:02:12 London McElvaine: Getting busy. Trying to ground in practice!
00:02:13 Jessie Ballard: me!!!! <3
00:02:21 pīkake: 🌈 i was!
00:02:21 Christina (she/her): I was there
00:02:22 Sara A (she/ her/ hers): I was there!
00:02:22 Savanna Maya Star: Yes I was in the challenge!
00:04:14 Jennifer Gardenia: It is 22.00 here, I am tired, feeling slow
00:12:26 Lauren Stefan: GOLD
00:12:30 Katrina: Purple
00:12:31 Camryn Chernick: gold!
00:12:32 Jessie Ballard: PURPLE :)
00:12:34 Savanna Maya Star: Gold
00:12:34 Jessica (she/her): Bright green for heart and healing. 😊
00:12:35 Kiara Elliott: Warm sunshine!
00:12:35 Justine Ferguson: green - definitely spring!
00:12:36 Janice (she/her) @TheShiftIn: Green-yellow!

00:12:36 Alli Nelson (she/her): turquoise
00:12:37 Cleo - Turtle Island: Orange
00:12:38 Anitra (she/her): gold
00:12:38 laine suggs: Soft aqua
00:12:39 Alex Meade: White and gold and purple
00:12:40 Rachel (she/her/hers): Purple/violet
00:12:41 justin b (justin/they): white/yellow
00:12:43 Candice Wilson: Orange, sunset orange
00:12:44 Jennifer Gardenia (she/her): Deep blue
00:12:48 Sara A (she/ her/ hers): Purple and green
00:12:48 Jamie (she/her): white with red trim:)
00:12:49 KJ Hamos (she/her): White
00:12:51 Jennifer Griffin: brilliant blue
00:12:51 Savanna Maya Star: Then purple pink yellow orange
00:12:51 Elizabeth Hill: Gold
00:12:58 Dawn: very clear lavender
00:12:58 London McElvaine: Light green
00:12:59 Susanna Barkataki (she/her): Yellow gold, purple, orange
00:13:01 pīkake: movement from blue to red to orange!

00:13:08 Jennifer Gardenia (she/her): blue
00:13:15 Susan Shloss: Pale yellow glow, orange
00:13:49 Jennifer Griffin: my business was wrapped in the light
00:13:53 Alli Nelson (she/her): my course idea and a relationship
00:13:55 Lauren Stefan: My first group program bringing women back home to her
body, womb and heart <3
00:14:06 pīkake: my aries self says "its your book, you better be able to choose the colors!"

00:14:10 Susan Shloss: My retreat on Saturday - Orange light
00:14:17 Rachel (she/her/hers): I Love YCC!!
00:14:59 Jessica (she/her): My son. ♥
00:15:01 justin b (justin/they): my parents and brother
00:15:03 KJ Hamos (she/her): My 2 year old kiddo
00:15:04 Alex Meade: Mye
00:15:12 pīkake: the birthday cake im baking for myself!
00:15:13 Alex Meade: Myself sorry lol
00:15:18 Sara A (she/ her/ hers): Might sound silly, but my 17 year old kitty who
hasn't been himself
00:15:22 Kiara Elliott: My puppy and staying patient with training!
00:15:38 Rebecca R (she/her) Dakhóta land: Reacted to "Might sound silly, b..." with ♥
00:15:41 Jayce (she/her): I kept holding myself too. Feeling like I need to give myself
extraaaaa today
00:16:24 Jennifer Gardenia (she/her): Someone who I am having difficulties with.. <3
00:16:56 Katrina: Bit of a monkey mind... wasn't able to settle on something lol

00:17:49 Cleo - Turtle Island: Reacted to "Might sound silly, b..." with 💜

00:18:20 Cleo - Turtle Island: @Sara I also have a 17yr old kitty <3 love to you both

00:18:39 Sara A (she/ her/ hers): Reacted to "@Sara I also have a ..." with ❤️

00:18:54 Dawn: Holding light for so many unknowns in a time of transformation for me. I was unable to zoom in on a project for me, although I have many! Music, art, teaching, family... As an aging person I am learning to let the world fit into me.

00:21:19 Jennifer Gardenia (she/her): Reacted to "Holding light for so..." with ❤️

00:22:42 Alex Meade: My first one too!

00:23:30 pīkake:this is my first one too jennifer ♥

00:23:31 Jayce (she/her): @Jennifer -I'm glad you're here too and it's perfect timing <3

00:23:36 Andrea @alovincoven: Glad you made it Jennifer!

00:23:36 Savanna Maya Star: Yess Jennifer

00:23:39 Christie: Welcome Jennifer!

00:23:41 Dr Lauren Tober: I love that idea of play and consent at the same time, thank you!

00:23:59 Jennifer Griffin: thanks everyone!

00:24:03 Karen McMillan | YINpreneur:Jennifer ❤️

00:24:12 Jennifer Gardenia (she/her): Reacted to "thanks everyone!" with ❤️

00:24:40 Sara A (she/ her/ hers): Jennifer, I needed to take a few months off due to illness and I felt that same anxiety coming back. So happy to be here today ❤️

00:27:11 Jayce (she/her): 🧡

00:29:48 Autumn: Would love to know where this new yoga place/community is. I'm also in NY and I am 100% in the area you are in right now often.

00:30:09 Cleo - Turtle Island: Me too, I wanna go to London's classsss

00:30:20 Janice (she/her) @TheShiftIn: <3

00:30:21 pīkake:congratulations london! youre being the light and the light is rewarding your journey & devotion in this practice with this unexpected leadership role!! 🔥👏 also im loving that NYC graffiti ♥

00:30:36 Leaf 🌱 (they/them): Yay London <33 congrats on the job, your students are so lucky to have you as a teacher

00:30:37 Cleo - Turtle Island: That's my old hood, im tickled <3

00:30:53 Camryn Chernick: London your energy is amazing! I can feel your good vibes virtually!

00:31:02 Christie: Reacted to "congratulations lond..." with ❤️

00:31:04 Karen McMillan | YINpreneur:Congrats London 🙌

00:31:20 Christie: Reacted to "London your energy i..." with ❤️

00:31:25 Jayce (she/her): Reacted to "London your energy i..." with ❤️

00:32:19 Andrea @alovincoven: When I have thoughts of self doubt or "imposter syndrome" I like to think are these thoughts actually mine or thoughts that have been imposed on me? Dr. Rosales Meza says "are you experiencing imposter syndrome or a colonized mind?" & I like to ponder on that because many times those thoughts really aren't my own and I know at the core I am capable <3

00:32:24 Jessica (she/her): Sometimes we have to learn the system to know how best to change it!

00:32:37 Anitra (she/her): Congrats London you got this, you care and your practice will shine through you're doing the work.

00:32:46 Andrea @alovincoven: I hope to get to practice with you when im in NY London!

00:33:03 London McElvaine: Thank you! I am so glad to have this community as I navigate working for a corporation, or which I was deeply skeptical. Thanks for your support friends

00:33:31 Lauren Stefan: Love that take on imposter syndrome Andrea — also love Dr. Rosales Meza

00:34:05 Christie: Reacted to "Thank you! I am so g..." with ❤️

00:34:17 Rachel (she/her/hers): Yay London!

00:34:18 Jayce (she/her): Reacted to "Thank you! I am so g..." with ❤️

00:34:27 Lauren Stefan: Reacted to "Thank you! I am so g..." with ❤️

00:34:37 Candice Wilson: Reacted to "Thank you! I am so g..." with ❤️

00:40:17 London McElvaine: That transparency is so liberating for others!

00:40:40 Katrina: That really resonates, thank you for sharing, Terri !

00:41:09 Dawn: So beautiful to speak your truth simply and to the point! I love the sunshine bursting through your smile!

00:41:25 Christie: Reacted to "So beautiful to spea..." with ❤️

00:41:27 Savanna Maya Star: Yes Terry!

00:41:29 Andrea @alovincoven: Love that Terri! Aparigraha/Brahmacharya in practice. Letting go of what no longer serves you to manage your time and energy in alignment with what feels right ❤️

00:41:32 Christie: Reacted to "That really resonate..." with ❤️

00:41:35 Forbsie (she/her): Yes! Being true to you brings in the people who you are meant to work with

00:41:38 pīkake:so resonant!!! mahalo terri!

00:41:44 Christie: Reacted to "Love that Terri! Apa..." with ❤️

00:41:49 Camryn Chernick: Reacted to "Love that Terri! Apa..." with ❤️

00:41:58 Jayce (she/her): Yessssss Terri!!

00:42:05 Anitra (she/her): Terri as you grow you want your students/clients to grow very brave share!

00:42:10 Justine Ferguson (she/her): Balancing between an elderly parent who is transitioning with early onset dementia, work, and work stressors with unions. I dozed and woke to that message Terri - speak your personal truth... appreciate it.

00:42:33 KJ Hamos (she/her): Speaking your truth can encourage others to speak their truth. Amazing way to create a brace container, Terri!!

00:43:21 Cleo - Turtle Island: Thanks everyone for your shares, so supportive and resonant <3

00:43:27 pīkake:sounds like youre in your power, terri!! 🔥

00:43:39 Andrea @alovincoven: Love that reframe!

00:43:44 Dawn: Could the feeling being reframed as humility?

00:43:49 London McElvaine: You demonstrated this so well in our 300hoir, Susanna. By showing up authentically it freed up so many of us to show up more authentically even if it looked different from the energy you were bringing

00:43:52 Jennifer Gardenia (she/her): I LOVE THAT!!

00:44:11 Forbsie (she/her): Do you want to do something? Yes. Then do it. But I'm scared. So do it scared.

00:44:15 Jennifer Griffin she/her: If we feel that way it says we're stepping out of our comfort zone! so yay us!

00:45:46 Terri Renae Hewitt: Thank you all so much for this encouragement. I appreciate it all. And am so grateful to be a part of this community of people who I connect with.

00:46:05 Jennifer Griffin she/her: great insight!

00:46:28 London McElvaine: Well said yes! As teachers we can't be responsible for another's understanding or embodiment of the practice. Only share and continue to learn and grow in our own practice.

00:46:44 Forbsie (she/her): Reacted to "Well said yes! As te..." with ❤️

00:46:46 Dawn: I am a teacher, I teach kindergarten

00:47:05 London McElvaine: I want to do it again!

00:47:18 Christina Hsu: same

00:47:23 Susanna Barkataki (she/her): YTT 300 APPLY:
<https://igniteyouryoga.com/ytt300apply>

00:47:27 Leaf 🌱 (they/them): the YTT 300 was my first training.. it was excellent

00:47:35 Construyendo Poder: Reacted to "YTT 300 APPLY: https..." with ❤️

00:47:46 Karen McMillan | YINpreneur:I love that you @Susanna speak of this YCC as a year of yogic living sadhana 🙏 (not just for yoga teachers)

00:48:13 Savanna Maya Star: Did my 200 with u last year - would love to join for my 300 this year ✨ ✨ ✨ ✨

00:48:18 Katrina: Replying to "I am a teacher, I te..."

I am a teacher too! Gr 1 😊 If you don't know conscious discipline, I would recommend checking it out... aligns with yoga philosophy beautifully!

00:49:26 Jayce (she/her): 100/10 would recommend this YTT 🔥

00:49:39 Susanna Barkataki (she/her): Booking@ignitebewell.com

00:49:47 Andrea @alovincoven: booking@ignitebewell.com for questions and I'm happy to answer them for you 😊

00:50:28 Karen McMillan | YINpreneur:I loved ❤️ YTT300 to deepen my practice, the teachers, the sangha are life changing (I'm not a practicing yoga teacher)

00:51:09 Cleo - Turtle Island: The 300 is SO GOOD YALL

00:51:09 Andrea @alovincoven: I've gone through the program myself and had such a beautifully transformative experience with so many aligned individuals <3 always exciting to support you all in your learning and practice!

00:52:47 pīkake:congratulations you two!!

00:52:54 Karen McMillan | YINpreneur:Replying to "I loved ❤️ YTT300 to..."
Diving into the philosophy. Truly understanding the meaning of yoga off the mat. ALL 8 limbs

00:52:55 Terri Renae Hewitt: Congratulations to the winners!

00:54:04 London McElvaine: Yesssss Cleo! Feeling you
00:54:05 Andrea @alovincoven: Yes Cleo!!! Do that grief practice! It's so needed <3
00:54:06 Christina (she/her): Thank you so much!!!
00:54:23 Natya (Nuh-Tie-Ya): I lost my job yesterday. Good vibes to finding a new one.
💖
00:54:28 Jennifer Griffin she/her: Love that! What a special offering!
00:54:29 pīkake:sending you so much mana, so much energy!!!
00:54:46 London McElvaine: Natya!!! Sending care and good luck to you in this transition.
00:54:49 Savanna Maya Star: Yay Cleo! Following the call is so beautiful!
00:54:54 Construyendo Poder: Good afternoon, last year and after non-stop classes with different teachers I respect, I started an intro to Yoga "training" in Spanish. Our focus was immigrant families who are in care of children
00:54:58 Terri Renae Hewitt: Sending vibrant and positive energy Cleo💜
00:55:00 Jayce (she/her): Oh, Natya, sending lots of good energy in your search
00:55:19 Construyendo Poder: We had a very good amount attendance and they are so excited to continue
00:55:32 Construyendo Poder: But I definitely feel like I need support
00:55:42 Cleo - Turtle Island: Natya something better must be on the way, coming for you <3
00:55:59 Susan Shloss: I have a half-day retreat on Saturday in Richmond, CA - Love Yourself to True Wealth. Would love good vibes for attracting those who want healing around money!
00:56:00 Andrea @alovincoven: What an incredible offering! As an immigrant and child of immigrant, I feel this is so needed. Would love to connect with you on this @construyendo poder
00:56:17 Construyendo Poder: Reacted to "I have a half-day re..." with ❤️
00:56:24 Natya (Nuh-Tie-Ya): Reacted to "Natya something bett..." with ❤️
00:56:25 Construyendo Poder: Reacted to "What an incredible o..." with ❤️
00:56:31 Andrea @alovincoven: Reacted to "I have a half-day re..." with ❤️
00:56:42 pīkake:im here for the family care!!!!
00:56:42 Natya (Nuh-Tie-Ya): Reacted to "Oh, Natya, sending l..." with ❤️
00:56:47 Leaf 🌱 (they/them): [dimsumvt.com/workshops](https://www.dimsumvt.com/workshops)
00:56:48 Natya (Nuh-Tie-Ya): Reacted to "Natya!!! Sending car..." with ❤️
00:56:49 London McElvaine: Cool!!! That's fab, Leaf!
00:57:04 Construyendo Poder: Thank you Andrea, my name is Wendolyne Omaña
00:57:08 Savanna Maya Star: Ah love hearing about all the work everyone is doing! Gets me so excited 🌊
00:57:10 Construyendo Poder: Reacted to "im here for the fami..." with ❤️
00:57:12 Katrina: Currently taking a break from offering yoga pro bono to my colleagues, but hoping to start it back up again soon and any energy towards this is welcomed!
00:57:12 Leaf 🌱 (they/them): <https://www.dimsumvt.com/workshops>
00:57:13 Construyendo Poder: Reacted to "dimsumvt.com/worksho..." with ❤️
00:57:25 Construyendo Poder: Thank you Leaf

00:57:25 Terri Renae Hewitt: Thank you Leaf!! Will check out the link for sure.
00:57:26 Candice Wilson: Reacted to "dimsumvt.com/worksho..." with ❤️
00:57:31 Karen McMillan | YINpreneur: ❤️ for our sangha
00:57:37 Justine Ferguson (she/her): Reacted to "Currently taking a b..." with ❤️
00:58:03 Forbsie (she/her): ❤️ grateful to connect and be in everyone's energy today
00:58:18 Jayce (she/her): Felt lots of tears well up today. Just so cool to see all the amazing offerings and growth and love here. Thank you all for sharing and being here <3
00:58:27 justin b (justin/they): i love you all!
00:58:28 London McElvaine: ❤️
00:58:31 Construyendo Poder: Reacted to "i love you all!" with ❤️
00:58:32 Autumn: Thank you!
00:58:32 Savanna Maya Star: So much love errybody
00:58:37 Construyendo Poder: Thank you Susana
00:58:39 Natya (Nuh-Tie-Ya): ❤️❤️❤️
00:58:45 Christie: Bye everyone!
00:58:45 Rebecca R (she/her) Dakhóta land: Thank you!