



IGNITE INSTITUTE

FOR YOGIC LEADERSHIP & SOCIAL CHANGE

- 00:05:45 Marlee Osbron: Welcome back!!
- 00:06:42 Susanna Barkataki (she/her): Fred Westra - Meditation Playlist
<https://open.spotify.com/playlist/4Rr3stWRakVtztwITcq5Ny?si=77339e9ba1c54d8f>
- 00:09:15 Susanna Barkataki (she/her): How is your heart?
- 00:09:22 Aine she/they: Unsettled/settling in
- 00:09:25 Karen McMillan | YINpreneur: Greetings Susanna and sangha ❤️ I was tense but found peace with my sadhana
- 00:09:26 Christina (she/her): Tired
- 00:09:28 Lauren Cook: frazzled, wanting
- 00:09:29 Mariana Schmalstig Diaz: feeling drained
- 00:09:29 Juliana Zappitell: Grounded
- 00:09:29 Jayce Philpott (she/her): Grateful
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- 00:09:39 Cleo - Turtle Island: Worn and hopeful
- 00:09:42 Jamie (she/her) @tharavadayoga: Exhausted and full of gratitude
- 00:09:49 Andrea @alovincoven: Tired, but loved and hopeful
- 00:09:50 Michael Gillis he/him: Excited (headed on retreat tomorrow!!!)
- 00:09:52 Sara A (she/ her/ hers): Struggling with heaviness of heart
- 00:09:53 Jessica Fortes Mesquita: Doubtful
- 00:09:54 Ezgi (aezghi): My heart is changing and it's nth exciting but also tiring.
- 00:10:00 Elle: Hey y'all. So grateful to be with you. 💜 Low-recovery, yearning for spring - literal + metaphorical.
- 00:10:08 Chelsea McGlothan: Feeling stuck and heavy
- 00:10:29 Jennifer (sher/her/ella): Im stuck in an airport right now! Tired... but calm
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<https://www.google.com/search?q=aware+alliance+for+white&oq=aware+alliance+for+white+&qs=chrome..69i57j33i10i160l3.4844j1j4&client=ms-android-google&sourceid=chrome-mobile&ie=UTF-8>

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Similarities with South Asian practices

01:10:00 Karen McMillan: YES @Amanda 💜 the ancient, indigenous practices are so about nature. Thank you for that reminder-invite

01:10:38 Karen McMillan: @Susanna, in an IG post you mentioned a book on black yoga teachers (in history)?

01:12:41 Susanna Barkataki (she/her):

<https://www.amazon.com/Opening-Spirit-Contacting-Honouring-Spirituality/dp/0722537263>

01:13:15 Karen McMillan: I believe this is the book @Susanna mentioned

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01:14:03 Dawn: Even pouring hot water down the drain kills organisms.

01:14:21 Karen McMillan: Oops, that was the audible link. Here's the book:

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01:16:33 Justine (she/her): Thank you and peace.

01:16:43 Autumn: Thank you!

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