



1
00:00:00.720 --> 00:00:05.130
Susanna Barkataki (she/her): All right. Welcome, welcome to our March

2
00:00:05.570 --> 00:00:13.140
Susanna Barkataki (she/her): pilgrimage, and put it, and if you don't have one, feel free to get it at all.

3
00:00:13.310 --> 00:00:14.640
Susanna Barkataki (she/her): and

4
00:00:14.650 --> 00:00:17.900
Susanna Barkataki (she/her): a of water if you would like

5
00:00:18.340 --> 00:00:20.980
Susanna Barkataki (she/her): Yay y

6
00:00:23.790 --> 00:00:26.600
Susanna Barkataki (she/her): candle 2.

7
00:00:28.700 --> 00:00:33.660
Susanna Barkataki (she/her): Yeah. Why, don't we drop in the chat? How you're doing

8
00:00:33.950 --> 00:00:39.630
Susanna Barkataki (she/her): 2 words phrase, how are you in this in this moment.

9
00:00:46.760 --> 00:00:47.830
Susanna Barkataki (she/her): Nice

10
00:00:49.360 --> 00:01:00.140
Susanna Barkataki (she/her): hmm springs from. I know it's amazing. It's really really amazing Feeling peaceful and blessed, activated and grateful.

11

00:01:00.340 --> 00:01:10.670

Susanna Barkataki (she/her): Been moving fast a little scattered, but inspired, a little discombobulated. I actually am curious of folks who are here.

12

00:01:11.470 --> 00:01:13.830

Susanna Barkataki (she/her): How many were with me on the

13

00:01:15.390 --> 00:01:20.320

Susanna Barkataki (she/her): on the challenge. I know at least one person was Lane

14

00:01:20.360 --> 00:01:22.220

Susanna Barkataki (she/her): Jennifer.

15

00:01:22.700 --> 00:01:24.520

Susanna Barkataki (she/her): Yeah.

16

00:01:25.810 --> 00:01:31.660

Susanna Barkataki (she/her): it's really funny, because I looked at my notes for what I wanted to do in

17

00:01:31.900 --> 00:01:45.960

Susanna Barkataki (she/her): our pilgrimage in Fujet, and it was like top us like who could have planned that so perfectly. It's spring. We just had the the equinox. So yeah, the equinox, and

18

00:01:46.530 --> 00:02:00.640

Susanna Barkataki (she/her): it's also just past Holy, the holy Celebration, which is a festival of colors and Light, and one of my favorite stories I'll tell a little bit later about holy is

19

00:02:01.370 --> 00:02:07.250

Susanna Barkataki (she/her): is a kind of equalization and love of all all colors, all

20

00:02:07.410 --> 00:02:12.800

Susanna Barkataki (she/her): colors of us, our skin tones, but also, like all the colors in the world.

21

00:02:13.700 --> 00:02:31.020

Susanna Barkataki (she/her): Yay: okay. Cool, nice. Wow! So many of you are in the challenge. That's so fun. If you weren't, you can watch the

replays are all on my Youtube. I haven't labeled this one yet, but there's 1, 3 from 2021 and then from now.

22

00:02:31.020 --> 00:02:46.980

Susanna Barkataki (she/her): And how cool is it to get? I just appreciate, like time and growth and change to get to see stuff from before, and then step. I can watch either one. But I I think I think my teaching now has. You know we grow, we evolve.

23

00:02:46.980 --> 00:02:57.370

Susanna Barkataki (she/her): and so i'm very grateful to have to do that. I'm feeling very inspired. so we will practice first with

24

00:02:57.480 --> 00:03:00.820

Susanna Barkataki (she/her): either gazing at candle

25

00:03:02.570 --> 00:03:09.730

Susanna Barkataki (she/her): for a few moments. or and as you're ready. you can

26

00:03:10.770 --> 00:03:18.160

Susanna Barkataki (she/her): take in the flame. and then close your eyes gently, or let your gaze be soft

27

00:03:20.980 --> 00:03:28.990

Susanna Barkataki (she/her): and visualize a light. and that light can be any color.

28

00:03:29.740 --> 00:03:32.260

Susanna Barkataki (she/her): See the light.

29

00:03:33.000 --> 00:03:34.960

Susanna Barkataki (she/her): perhaps, in front of you.

30

00:03:36.610 --> 00:03:41.320

Susanna Barkataki (she/her): maybe an orb or circle of glowing light.

31

00:03:43.250 --> 00:03:52.220

Susanna Barkataki (she/her): and the colors may change like maybe it's purple, and then it's white. It's orange, or it might stay the same, and

32

00:03:52.420 --> 00:03:55.830

Susanna Barkataki (she/her): always yellow or green, blue.

33

00:03:57.380 --> 00:04:00.950

Susanna Barkataki (she/her): Notice what color your light is.

34

00:04:05.510 --> 00:04:07.940

Susanna Barkataki (she/her): and there's no right or wrong

35

00:04:09.190 --> 00:04:16.360

Susanna Barkataki (she/her): in this visualization. It's also not wrong. If you don't see a color. You can just imagine.

36

00:04:23.410 --> 00:04:34.040

Susanna Barkataki (she/her): if you'd like, you can feel that, or that glowing circle of light, whatever color it is. come closer and closer, and

37

00:04:35.610 --> 00:04:44.050

Susanna Barkataki (she/her): then kind of like in energetic egg cracking at the top of your head, and

38

00:04:45.140 --> 00:04:46.910

Susanna Barkataki (she/her): certainly coming down

39

00:04:47.350 --> 00:04:50.660

Susanna Barkataki (she/her): with its color through your body.

40

00:04:51.150 --> 00:04:55.190

Susanna Barkataki (she/her): so that color, wherever it goes, bringing what you need today.

41

00:04:56.380 --> 00:05:01.730

Susanna Barkataki (she/her): A bit more ease, more inspiration. more toy.

42

00:05:02.930 --> 00:05:05.450

Susanna Barkataki (she/her): more peace, more patience.

43

00:05:07.230 --> 00:05:13.280

Susanna Barkataki (she/her): feeling the color come down to your head. face

44

00:05:15.840 --> 00:05:17.450

Susanna Barkataki (she/her): back of your head.

45

00:05:17.900 --> 00:05:21.200

Susanna Barkataki (she/her): sides of your head, ears.

46

00:05:22.210 --> 00:05:25.470

Susanna Barkataki (she/her): eyes, nose.

47

00:05:27.900 --> 00:05:31.890

Susanna Barkataki (she/her): now through your brain.

48

00:05:33.240 --> 00:05:35.400

Susanna Barkataki (she/her): neck, and shoulders.

49

00:05:36.710 --> 00:05:40.580

Susanna Barkataki (she/her): not needing to change anything but lighting this color.

50

00:05:40.970 --> 00:05:44.320

Susanna Barkataki (she/her): paint you with its qualities.

51

00:05:45.160 --> 00:05:49.290

Susanna Barkataki (she/her): your arms into your hands.

52

00:05:55.860 --> 00:05:59.120

Susanna Barkataki (she/her): Test valley.

53

00:06:02.570 --> 00:06:04.930

Susanna Barkataki (she/her): upper, back, and lower back.

54

00:06:06.780 --> 00:06:11.500

Susanna Barkataki (she/her): Whatever color this light is feeling, it fill you

55

00:06:11.840 --> 00:06:14.010

Susanna Barkataki (she/her): all your internal organs.

56

00:06:16.340 --> 00:06:19.940

Susanna Barkataki (she/her): I mean ease relaxation there

57

00:06:31.830 --> 00:06:36.130

Susanna Barkataki (she/her): and down into your belly and hips.

58

00:06:38.480 --> 00:06:40.810

Susanna Barkataki (she/her): legs and thighs.

59

00:06:42.040 --> 00:06:43.310

Susanna Barkataki (she/her): Yes.

60

00:06:43.890 --> 00:06:45.060

Susanna Barkataki (she/her): feet.

61

00:06:47.690 --> 00:06:49.020

Susanna Barkataki (she/her): This color.

62

00:06:50.440 --> 00:06:53.360

Susanna Barkataki (she/her): the colors lighting.

63

00:06:55.360 --> 00:06:59.810

Susanna Barkataki (she/her): and I'm bringing appreciation everywhere.
The color goes.

64

00:07:03.990 --> 00:07:09.000

Susanna Barkataki (she/her): If there's any part of you that could use a
little extra care.

65

00:07:09.070 --> 00:07:14.900

Susanna Barkataki (she/her): taking some time to bring the light, this
color or colors there.

66

00:08:00.290 --> 00:08:04.720

Susanna Barkataki (she/her): feeling into your energy this spring.

67

00:08:08.890 --> 00:08:10.370

Susanna Barkataki (she/her): your truth.

68

00:08:11.400 --> 00:08:15.370

Susanna Barkataki (she/her): your burning inspiration, your fire.

69

00:08:16.200 --> 00:08:19.810

Susanna Barkataki (she/her): whatever you're bringing energy and
attention to.

70

00:08:22.860 --> 00:08:28.960

Susanna Barkataki (she/her): Sometimes in you get there's the phrase where attention goes, energy flows.

71

00:08:29.550 --> 00:08:32.299

Susanna Barkataki (she/her): So where is your attention flowing?

72

00:08:33.840 --> 00:08:40.990

Susanna Barkataki (she/her): And if there is a project or thing that you're working on, maybe a relationship that you're wanting to nurture

73

00:08:41.340 --> 00:08:43.360

Susanna Barkataki (she/her): or a

74

00:08:43.710 --> 00:08:47.630

Susanna Barkataki (she/her): look. You're working on a workshop, a class

75

00:08:48.900 --> 00:08:51.790

Susanna Barkataki (she/her): kiddo, an elder

76

00:08:53.420 --> 00:09:00.790

Susanna Barkataki (she/her): fun, hobby, or enjoyable experience, whatever it is wanting to put your energy into

77

00:09:01.970 --> 00:09:06.150

Susanna Barkataki (she/her): change that you're hoping to make in your community or school.

78

00:09:07.700 --> 00:09:16.640

Susanna Barkataki (she/her): Imagine and visualize that color colors surrounding that person, place thing being

79

00:09:38.740 --> 00:09:40.460

Susanna Barkataki (she/her): beautiful.

80

00:09:45.110 --> 00:09:46.840

Susanna Barkataki (she/her): and then, if you feel

81

00:09:47.250 --> 00:09:49.670

Susanna Barkataki (she/her): ready, you can

82

00:09:53.220 --> 00:09:54.640

Susanna Barkataki (she/her): gently

83

00:09:54.900 --> 00:09:57.920

Susanna Barkataki (she/her): gaze down towards the earth.

84

00:09:58.040 --> 00:10:02.930

Susanna Barkataki (she/her): eyes open or closed up towards the sky.

85

00:10:04.210 --> 00:10:07.890

Susanna Barkataki (she/her): and drop your right shoulder to your right ear.

86

00:10:08.960 --> 00:10:14.330

Susanna Barkataki (she/her): Sorry right here to your right, holder. I told her to see it

87

00:10:18.460 --> 00:10:21.060

Susanna Barkataki (she/her): stretching through your left side, body

88

00:10:22.180 --> 00:10:23.140

Susanna Barkataki (she/her): back.

89

00:10:24.190 --> 00:10:25.420

Susanna Barkataki (she/her): John.

90

00:10:26.630 --> 00:10:28.400

Susanna Barkataki (she/her): up through center.

91

00:10:29.480 --> 00:10:35.810

Susanna Barkataki (she/her): and then drop your left ear towards your left shoulder of shoulder, down towards the earth.

92

00:10:44.960 --> 00:10:47.620

Susanna Barkataki (she/her): something in your eyes, your jaw

93

00:10:51.090 --> 00:10:52.620

Susanna Barkataki (she/her): back up.

94

00:10:54.560 --> 00:11:09.910

Susanna Barkataki (she/her): feeling that light of the color all around you feeling it in checking it in. and then opening your eyes, stretching out your clothes, noticing color and shape and form

95

00:11:10.050 --> 00:11:11.660

Susanna Barkataki (she/her): all around you.

96

00:11:14.950 --> 00:11:15.720

Susanna Barkataki (she/her): Hmm.

97

00:11:19.550 --> 00:11:31.420

Susanna Barkataki (she/her): Hmm. Come back together, and i'd love to know. And the T. The folks would drop the colors that you were seeing

98

00:11:31.590 --> 00:11:34.510

Susanna Barkataki (she/her): like that would be really fun to hear.

99

00:11:39.690 --> 00:11:42.520

Susanna Barkataki (she/her): Yeah? Oh, that's a purple.

100

00:11:44.640 --> 00:11:52.310

Susanna Barkataki (she/her): It's, or it's cool, soft aqua. purple, violet, white, yellow. nice.

101

00:11:56.010 --> 00:11:57.380

Susanna Barkataki (she/her): Keep them coming.

102

00:12:01.780 --> 00:12:13.480

Susanna Barkataki (she/her): and then if you want to drop it in the chat where you can in your journal, if you would like to share what one of the things or the things that you saw

103

00:12:14.200 --> 00:12:21.120

Susanna Barkataki (she/her): enveloped besides yourself in color like for me. One of the things I'm working on is my second book.

104

00:12:21.270 --> 00:12:29.310

Susanna Barkataki (she/her): and it was really cool, because I don't know if this this book i'm not writing on my

105

00:12:29.430 --> 00:12:47.270

Susanna Barkataki (she/her): I mean I'm writing on my own that i'm not publishing on my own, so I don't know if the publisher will let me choose the colors. But the colors that I saw kind of around the book were like yellow and purple and and red kind of golden orange. So it was. It was really.

106

00:12:47.360 --> 00:12:54.080

Susanna Barkataki (she/her): It was really cool to feel that around around this project that means a lot, and is really about

107

00:12:54.940 --> 00:13:12.320

Susanna Barkataki (she/her): picking up where the last book left off like, how do we deepen our practice? How do we practice sat in a. And so much I want to also just thank each of you who are here, whether you're watching 5 or on the recording, and everyone who's joined by CC. Of the class Curator. Because

108

00:13:12.360 --> 00:13:16.650

Susanna Barkataki (she/her): the journey of Ycc. Has been a structure for the book.

109

00:13:17.060 --> 00:13:34.410

Susanna Barkataki (she/her): and so the book is sort of coming out of the practices that we do, and the explorations that i'm. Having as we create. And so you are all part of this book, and I'm. Very grateful for your your commitment to this practice that allows.

110

00:13:34.410 --> 00:13:37.370

Susanna Barkataki (she/her): as to all express in the various ways we do.

111

00:13:38.490 --> 00:13:47.690

Susanna Barkataki (she/her): Oh, I love that you love. I see my retreat on Saturday. Yeah. So when I go back, okay, so share your things.

112

00:13:47.740 --> 00:13:55.320

Susanna Barkataki (she/her): My business was wrapped in the light. Oh, that's so cool! My course idea and a relationship nice.

113

00:13:55.660 --> 00:14:03.470

Susanna Barkataki (she/her): but gary Self says it's your book. You better be able to choose the colors. I think they'll let me. We'll find out

114

00:14:04.830 --> 00:14:12.050

Susanna Barkataki (she/her): my retreat on Saturday, or into like yay, my son. Oh, my parents and brother.

115

00:14:14.770 --> 00:14:17.130

Susanna Barkataki (she/her): my nice

116

00:14:17.610 --> 00:14:34.870

Susanna Barkataki (she/her): anyone else my t year old kiddo, the birthday cake i'm baking for myself myself at that. Sorry not sorry. My one of my yoga teachers used to say, You know it's like when you're in. Maybe not. Everyone has had this experience, but I

117

00:14:35.160 --> 00:15:05.160

Susanna Barkataki (she/her): used to go clubbing a lot. I actually went out for a fundraiser for Turkey and Syria on Saturday, and it was so cool I just it was so fun. It was like the best of clubbing. I'm kind of passed in some ways past those days, but maybe not because everyone was like the songs we come on, and people knew the song, and they were like so excited. But anyway, I was dancing, and me and this guy, like totally bumped into each other, and it was like, you know, can be a little weird in a club when you bump. Someone can be kind of

118

00:15:05.160 --> 00:15:18.800

Susanna Barkataki (she/her): aggressive or like that. It's my space. But we both were just like, hey? Great sign like how you you know, and it's like Excuse me for partying right. It's partying a little too hard. I've dance a little too hard, and and so

119

00:15:18.800 --> 00:15:26.370

Susanna Barkataki (she/her): no apologies needed, especially not for sending and surrounding yourself with light. It's like i'm partying here.

120

00:15:26.530 --> 00:15:30.180

Susanna Barkataki (she/her): i'm sending myself light here that that's part of the practice.

121

00:15:31.390 --> 00:15:34.550

Susanna Barkataki (she/her): my puppy, and staying patient with training

122

00:15:34.900 --> 00:15:39.070

Susanna Barkataki (she/her): my 17 year old Kitty, Who hasn't been herself. Yeah.

123

00:15:39.990 --> 00:15:55.440

Susanna Barkataki (she/her): I keep holding myself to kept holding myself to feeling like I need to give myself extra today. Yes, someone who i'm having difficulties with. Yes, I love all our colors and all of our

124

00:15:55.520 --> 00:16:01.860

Susanna Barkataki (she/her): explorations of where we're holding, and I. I do want to

125

00:16:01.870 --> 00:16:28.890

Susanna Barkataki (she/her): create some space today for a folks want to share. I think that part of taking pilgrimage can be in community, and so it doesn't always mean. Our practice is so low, and by ourselves and quiet it can be together, so we'll get to hear from each other before we do. I want to share just one thing, which is the story of Krishna and Rada. So the story goes that Krishna was living in Brenda in

126

00:16:28.890 --> 00:16:34.080

Susanna Barkataki (she/her): to sort of in like Central India, close to what's now Delhi, and

127

00:16:34.520 --> 00:16:50.860

Susanna Barkataki (she/her): when he was young he had been given poison did kill him, but it turned his skin very blue, and some people say, like like my friend Milam, whose name means like so blue that it's black, like dark dark blue.

128

00:16:51.320 --> 00:16:53.410

Susanna Barkataki (she/her): that he was

129

00:16:53.530 --> 00:16:54.310

Susanna Barkataki (she/her): sorry

130

00:16:54.310 --> 00:17:22.250

Susanna Barkataki (she/her): black, you know, skin color, and then others, that he was truly blue, like blue colored, but he looked different than other people, and he looked different than the person that he fell in love with her name. One of the many people he fell in love with her name was Rada, this person who had lighter skin, and so he was talking to his mom. Krishna was about like, Why do we look different? I don't understand, you know. And his mom's response was: Well, why don't you play with color?

131

00:17:22.250 --> 00:17:34.360

Susanna Barkataki (she/her): There's no color that's better than any other color. There are all the colors are beautiful, so play with her, play with color, and then, you know, you can be whatever colors you want to be. And I thought that was such a beautiful

132

00:17:36.200 --> 00:17:37.350

Susanna Barkataki (she/her): teaching

133

00:17:37.410 --> 00:17:47.050

Susanna Barkataki (she/her): of that into like. We create these distinctions. And there's been distinctions for thousands of years. People have found ways to divide, and also

134

00:17:47.250 --> 00:18:07.020

Susanna Barkataki (she/her): there's beauty in all colors. And so the beginning of the Festival of Holy One of the stories, there's many stories but one of the stories, and the one that I love started in for Nevin with Krishna and Raja playing with color, and then the whole town got into it. The village got into it. And then you know, through all of India and beyond, and how the world.

135

00:18:07.430 --> 00:18:24.170

Susanna Barkataki (she/her): So I wanted to share that that with us to kind of ground us into that Sometimes, when there's an obstacle right like Krishna, feeling kind of so different than his his partner.

136

00:18:24.670 --> 00:18:33.490

Susanna Barkataki (she/her): sometimes bringing an element of play or an element of light or an element of joy, and sometimes right, like the thing like

137

00:18:33.670 --> 00:18:44.130

Susanna Barkataki (she/her): color them. For example, like there's structures that need to be changed, and it's not playful. It's very serious, and other times we can bring play to it

138

00:18:44.380 --> 00:18:48.890

Susanna Barkataki (she/her): with consent. and that also I just want to name

139

00:18:49.140 --> 00:19:02.540

Susanna Barkataki (she/her): and and kind of underscore, because there is both with Holy today, and I think with Yoga in general consent, is a big issue, right and holy is a festival where

140

00:19:02.630 --> 00:19:19.480

Susanna Barkataki (she/her): you have a Senator Don't know where you play with color, and there's like packages. Now you can get them at different stores, Indian markets, packages of color, or you can make your own. I used to make my own with tumor. I can flour, and then you put that color like you.

141

00:19:19.510 --> 00:19:26.340

Susanna Barkataki (she/her): you one of the ways. I play it like turn on some music, and all the music is on. You can put the color on one another.

142

00:19:26.850 --> 00:19:36.320

Susanna Barkataki (she/her): Yeah, it's really important that the people you're playing with one let you know what they're comfortable with. So I usually have the role of like, you know you can touch my cheeks, but like

143

00:19:36.320 --> 00:20:02.080

Susanna Barkataki (she/her): below the below the face right? But in it, like you're throwing color. You're not necessarily putting your hands on me to put the color on. So having guidelines and rules, and that is an issue. Holy can be a a tradition that is taken without consent. And so that's important. And same with Yoga right as teachers that we're bringing consent into our teaching into our practices, asking our students

144

00:20:02.140 --> 00:20:10.830

Susanna Barkataki (she/her): to be really the guide of their experience. And we are just offering suggestions and then

145

00:20:11.160 --> 00:20:30.920

Susanna Barkataki (she/her): giving verbal descriptions. If we're gonna adjust or put our hands on someone letting them know what we're going to do, making sure that they want it checking in again and again and again, or just giving options for them to adjust their bodies without without us touching them right. So coming back to that value for me.

146

00:20:32.100 --> 00:20:39.670

Susanna Barkataki (she/her): it's like the power of play also goes hand in hand with with sovereignty, and ensuring others have sovereignty as well.

147

00:20:40.270 --> 00:20:45.440

Susanna Barkataki (she/her): So I want to. Yes.

148

00:20:46.650 --> 00:20:59.080

Susanna Barkataki (she/her): I know, so I want to open it up and see what is alive. If anyone has anything that's been coming up with the practice of practices you're doing and Ycc. Or if

149

00:20:59.130 --> 00:21:06.260

Susanna Barkataki (she/her): there's you know any of the projects that you mentioned that you want to bring to light or rainstorm on with us, or workshop

150

00:21:07.380 --> 00:21:10.270

Susanna Barkataki (she/her): anything that you want to share out loud.

151

00:21:14.380 --> 00:21:21.660

Susanna Barkataki (she/her): I think. Let me check. I think you can either raise your hand, or just unmute yourself. Yay Jennifer. Welcome.

152

00:21:23.570 --> 00:21:37.210

Well, thank you. This is it's insane that this is my first time. I don't know if you always put that in your email or not, or if it where you said, you know, even if it's your first time just come.

153

00:21:38.420 --> 00:21:54.200

I have had a lot of logistical reasons why I haven't, and then sometimes I haven't, and then it got to a point was like, i'm going to join, and i'm going to be so mad at myself that I didn't come. I didn't do it sooner that I just don't want to join, because I don't want to see what I missed

154

00:21:54.220 --> 00:21:56.620

and be mad at myself. And then i'm like

155

00:21:57.010 --> 00:22:15.930

Jennifer Griffin she/her: you're being crazy. So i'm just glad that i'm here I definitely can see already that I have missed out on a beautiful gathering. It's amazing work as far as the stories and the things that are within the program itself. But I can just in the first few minutes. See how how

156

00:22:16.110 --> 00:22:27.510

Jennifer Griffin she/her: pertinent this this container is, and so thank you for Susanna for your work. And yes, I have been impacted, even though I haven't been able to enjoy this

157

00:22:27.680 --> 00:22:30.690

to just so. I'm glad i'm here today. Thanks.

158

00:22:31.140 --> 00:22:46.650

Susanna Barkataki (she/her): Jennifer. I'm so glad you're here, and you know it's divine timing right like I often think about with programs like you pick and you choose, and sometimes you just show up to what you can show up to. But you're there's no behind.

159

00:22:46.760 --> 00:22:56.460

Susanna Barkataki (she/her): The practice is just loop. They circle around, you know, again and again, and I've studied and practiced with the yamas particularly, and then the for

160

00:22:56.970 --> 00:23:02.920

Susanna Barkataki (she/her): I don't even know 2 decades now, and and so it's like.

161

00:23:03.140 --> 00:23:19.410

Susanna Barkataki (she/her): and I've also missed like, Sometimes there's been things where I signed up, and I was gonna go deeper, and then I didn't really go that like as far in. But I showed up to one or 2 things, and it I got what I needed. So yes, please come when you can, with no judgment and no expectation.

162

00:23:20.090 --> 00:23:21.960

Susanna Barkataki (she/her): Rachel. Welcome.

163

00:23:22.440 --> 00:23:26.060

Rachel (she/her/hers): Hi! Hi! Susanna! I'm so happy to be here also, and

164

00:23:26.110 --> 00:23:32.730

Rachel (she/her/hers): I joined the Yoga class curator. I think it was 2 months ago, because i'm on the second

165

00:23:32.910 --> 00:23:47.280

Rachel (she/her/hers): part, and and I have just had this overwhelming experience with Sacha. Just try try to be succinct in a in a time where people can say whatever they want.

166

00:23:47.810 --> 00:23:52.440

Rachel (she/her/hers): and having that really land really squarely in my body.

167

00:23:52.510 --> 00:23:59.180

Rachel (she/her/hers): and for myself examining, what does it mean to speak to my pain without complaining?

168

00:23:59.380 --> 00:24:05.210

Rachel (she/her/hers): And what does it mean to speak truth without shaming. So i'm really like

169

00:24:05.320 --> 00:24:11.240

Rachel (she/her/hers): marinating in that what you've created on the platform, and it's just

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00:24:11.340 --> 00:24:24.290

Rachel (she/her/hers): i'm awakening and unfolding and feeling so many emotions around Sacha. So i'm just grateful for this community and for this platform, and for the really deep dive

171

00:24:24.310 --> 00:24:25.510

Rachel (she/her/hers): that you

172

00:24:25.550 --> 00:24:30.340

Rachel (she/her/hers): bring to the the the practice. Thank you.

173

00:24:30.830 --> 00:24:39.860

Susanna Barkataki (she/her): Thank you so much, Rachel, and I love that you really just like grappling with, and how to practice and

174

00:24:41.020 --> 00:24:42.530

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

175

00:24:42.670 --> 00:24:54.460

Susanna Barkataki (she/her): it's always relevant. I've been feeling it as well as a team that's come up for me. It's like how to be fully truly authentic in every

176

00:24:54.520 --> 00:25:09.640

Susanna Barkataki (she/her): circumstance, in every interaction, and because you know I don't know. Maybe you're not like me, but there are some environments where you can more shine and be my full stuff, and then there are some where, for one reason or another, I feel like

177

00:25:09.750 --> 00:25:18.160

Susanna Barkataki (she/her): I have to dim who I am or you know. And and then I realize that that's not really my true self, and

178

00:25:18.250 --> 00:25:31.140

Susanna Barkataki (she/her): is that of service like, I think that i'm doing a service here. But i'm not really sure if that's actually that's actually serving anyone. And so and then combining so it's like

179

00:25:31.280 --> 00:25:34.490

Susanna Barkataki (she/her): that phrase. I think it's attributed to the Buddha.

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00:25:34.720 --> 00:25:41.520

Susanna Barkataki (she/her): Is it truthful, useful kind. Because we can use truth as a weapon.

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00:25:41.570 --> 00:25:55.110

Susanna Barkataki (she/her): and sometimes it needs to be used, you know, I think of like a a righteous like like a like a yoga practitioner like the Yogis that disrupted the trade routes of the British East India Company, you know, like

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00:25:55.150 --> 00:26:01.020

Susanna Barkataki (she/her): there can be a way that truth can be very strong, and there can be a way

183

00:26:01.060 --> 00:26:15.420

Susanna Barkataki (she/her): that truth can be used to excuse harm that is unnecessary, and where we can bring more kindness, and it's this like spectrum, you know, and we are. It's like for me part of a practice to dance with that.

184

00:26:16.090 --> 00:26:19.890

Susanna Barkataki (she/her): So. Yes, thank you. Anyone else

185

00:26:21.030 --> 00:26:22.660

Susanna Barkataki (she/her): love to hear from you.

186

00:26:28.850 --> 00:26:38.320

London McElvaine: I'll speak. I'm walking, but i'm just so bad to be here, even though i'm out and about. I really resonate with what you guys just said what you all just said.

187

00:26:38.930 --> 00:26:50.080

London McElvaine: and I feel like it's actually just helping offer some nuance to what i'm exploring also in this realm of truth, and really being yourself. and also in this past month. I've just been

188

00:26:50.470 --> 00:26:56.480

London McElvaine: inviting in this. You know this concept of discipline and devotion, and finding those 2 balances, and

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00:26:56.560 --> 00:27:09.780

London McElvaine: i'm really noticing that, and just playing with those concepts in my practice, because I I live out here in New York City, and

I just stepped into a leadership role where I teach yoga here in New York.

190

00:27:09.850 --> 00:27:12.820

London McElvaine: And it was something that was really

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00:27:12.880 --> 00:27:30.510

London McElvaine: not on my radar, something that I wasn't really expecting. I wasn't really looking for a way to step into leadership or into the light as a teacher. And this job kind of found me. People were like you should apply. We think you'd be great for this, and it ended up being a job that I took. And now that i'm

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00:27:30.550 --> 00:27:38.380

London McElvaine: starting this week and launching into it. We are. I'm just finding a lot of imposter syndrome coming up

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00:27:38.410 --> 00:27:49.380

London McElvaine: a huge amount of imposter syndrome. Am I ready? Am I? Do I know enough. That's the question. I lot of a feeling behind feeling like I don't know enough feeling this huge amount of

194

00:27:49.480 --> 00:27:57.330

London McElvaine: responsibility for others in their practice, and what i'm teaching If i'm honoring the roots of Yoga, if i'm appreciating and not appropriating.

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00:27:57.450 --> 00:28:13.390

London McElvaine: and then also things around, wondering if the community is wondering why I have this job, you know. I think I've had this fear that people are wondering if I only got the job because of the color of my skin, or it was a diversity higher or something like that. So i'm really struggling one, not so much struggling, but

196

00:28:13.660 --> 00:28:15.740

London McElvaine: wrestling with this

197

00:28:17.320 --> 00:28:36.100

London McElvaine: being myself, and allowing my devotion, and trusting my devotion to this practice, trusting in my devotion to my own journey. On this practice being like really where I move from, and in the moments where i'm like oh, i'm not good enough. I'm not ready. Are people questioning why i'm Here I can anchor back into

198

00:28:36.300 --> 00:28:38.560

London McElvaine: this larger path that i'm on

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00:28:38.980 --> 00:28:45.420

and like really, you know, allow my devotion to the practice, and allow my devotion to this community that i'm trying to build

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00:28:45.900 --> 00:28:58.930

London McElvaine: to like, carry me through the fear and the impostor syndrome a little bit, and really recognizing that the best thing I can do for myself and this community is to show up as myself exactly where i'm at in my practice.

201

00:28:58.980 --> 00:29:12.350

London McElvaine: unapologetically and like. Let that be how I lead versus trying to put on some performance of knowing something that I don't, or being further along than I am, or whatever that means. And so I just appreciate that reminder of

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00:29:12.400 --> 00:29:13.260

London McElvaine: of

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00:29:13.560 --> 00:29:27.350

London McElvaine: of the practice of truth, how really, sometimes it is just being yourself, in spite of how scary it might be to do that. So thank you so much. Appreciate it all. I'm glad to be here. I love Icc. Such a nice anchoring little thing in my month. So thank you.

204

00:29:27.920 --> 00:29:54.540

Susanna Barkataki (she/her): I love this London, and can. So, really I's a lot of people. You probably can't see certain phone, but a lot of people putting up hearts and really connecting. And then someone else, said: Congratulations to London. You're being the lights, and the light is rewarding your journey and devotion, and this practice with unexpected leadership role. Also i'm loving that Nyc graffiti. And then someone else asked.

205

00:29:54.540 --> 00:30:13.210

Susanna Barkataki (she/her): Where is the community in place? Because they're also in New York, and they are 100% in the area You're in right now often. And so that said me, too. I want to go to Linden's classes. So please lend and share your share where you are, where we can practice with you.

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00:30:13.490 --> 00:30:18.350

London McElvaine: Yeah, I'm actually working at it. Most of you probably know it. It's called Core Power Yoga.

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00:30:19.150 --> 00:30:28.800

London McElvaine: And I started teaching there apprehensively 6 months ago, and have been pleasantly surprised by how wonderful and warm and welcoming the community has been.

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00:30:29.000 --> 00:30:35.220

London McElvaine: and I just got hired on his lead instructor with core power here in New York. So I'm. Helping to lead some of their teacher trainings here.

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00:30:35.910 --> 00:30:45.260

London McElvaine: Yeah. So if you want to come practice at Williamsburg. That's where i'm right now. I'm at Williams, for up to trains, and also in Lower Manhattan. I know how teaching there as well

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00:30:46.060 --> 00:30:59.890

Susanna Barkataki (she/her): I love it, and I love how it's like these bigger organizations, like core power can be. They can be open to change it's like we're working on change, like you know i'm holding up a

211

00:30:59.890 --> 00:31:07.480

Susanna Barkataki (she/her): I pull up a pencil like you can work within system sometimes, and sometimes you gotta do your own thing, but

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00:31:07.770 --> 00:31:10.820

Susanna Barkataki (she/her): it's really important. I think about this so much.

213

00:31:11.830 --> 00:31:20.050

Susanna Barkataki (she/her): because often those of us who are out here really like it's, and those of us who are working within systems feel like they're folks that are going to invalidate us

214

00:31:20.050 --> 00:31:38.500

Susanna Barkataki (she/her): or say that we're selling out. But actually you can create huge change within systems, and sometimes those structures and systems and companies are ready and right for that change. Sometimes they're not, and then we got a balance right. But to preserve your own mental health and well being but congratulations that is amazing.

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00:31:38.500 --> 00:31:40.260

Susanna Barkataki (she/her): so excited, my man.

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00:31:40.800 --> 00:31:49.580

Susanna Barkataki (she/her): Oh, I see some hands clapping, and lots lots of news. So, lending the chat, I don't know if you can see it. But there's notes for you.

217

00:31:49.770 --> 00:31:52.650

Susanna Barkataki (she/her): Alex. I see your hand

218

00:31:55.610 --> 00:32:13.130

Alex Meade: just finding the unmute button. Hi, ya! This is really nice to to speak to you in person. I'm used to just listening to your voice on Instagram. I'm watching your videos. So it's a bit weird. I'm quite new to Yoga cost Curator.

219

00:32:13.130 --> 00:32:25.100

Alex Meade: I have been following you, though, Susanna, since. Oh, since it's probably like 2020 from like the black lives, matter, protests, and everything i'm originally from England.

220

00:32:25.320 --> 00:32:40.040

Alex Meade: So i'm in Brazil right now, living here with my boyfriend for a bit. But yeah, I have a yoga teaching background, and I used to teach. I teach back from Yoga in Bristol in England.

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00:32:40.210 --> 00:32:49.930

Alex Meade: And yeah, I kind of just got more and more interested in about making Yoga more inclusive, and noticing a lot of the

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00:32:49.950 --> 00:33:10.700

Alex Meade: cultural things that we're ignoring and a lot of these spaces. And yeah, just a lot of the things that you you talk about ready like with the the colonization of Yoga, and how you know the identity of people from India is completely wiped out, and I just really wanted to further educate myself on. You know how I can bring more of this. Like.

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00:33:11.010 --> 00:33:17.090

Alex Meade: you know, authenticity to classes. I teach a I have a flow class as well.

224

00:33:17.170 --> 00:33:36.180

Alex Meade: and started incorporating it that I've not to from for a while, because the studio closed down through through Covid and everything, anyway. But i'm currently working for a start up company that are building a new social platform, and it's about community

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00:33:36.250 --> 00:33:47.510

Alex Meade: and the team that I work for wanted to have some kinds of wellness like meet up at least where we could, you know, spend some time together and

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00:33:47.530 --> 00:33:54.770

Alex Meade: do something that was gonna help from that. You know our wellness within the the team because we will work pretty hard.

227

00:33:54.790 --> 00:34:08.179

Alex Meade: And they asked if I could teach them yoga classes. So yeah, I signed up to Yoga class curator, and now i'm trying to incorporate the teachings as much as I can into the classes.

228

00:34:08.320 --> 00:34:15.219

Alex Meade: and it's just a lot easier and a lot nicer to have the support and the connection with something like yourself, because

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00:34:15.280 --> 00:34:34.679

Alex Meade: before then I was just kind of googling a lot of things, and I taught myself a lot of things online. So there's a lot of a lot of content that you can learn and teach yourself. But to kind of have that pathway carved out for you, and just be able to, you know, not be carried, but be supported along. That journey

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00:34:34.679 --> 00:34:44.360

Alex Meade: has been really valuable like, I say, i'm just getting started and sort of orientating myself within the within the content that we receive each month.

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00:34:44.409 --> 00:34:54.000

Alex Meade: But yeah, so far, it's been a a really nice thing to lean on, and, you know, feel like I'm doing the right thing.

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00:34:54.920 --> 00:35:05.900

Susanna Barkataki (she/her): And I hope that you're you're finding yeah, like as you create the classes for your your work, colleagues that

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00:35:05.900 --> 00:35:20.780

Susanna Barkataki (she/her): but you can play, you know, a little bit in the experiment with bringing in the in the in various ways through either. What is any of a class curator like someone actually recently wrote to me and said, hey, I want to do a series that's based off

234

00:35:20.780 --> 00:35:37.790

Susanna Barkataki (she/her): kind of like the practices you given as long as I give credit. Are you happy with me doing it? And it's like absolutely Yes, right, that's what this is for is we're all going to embody and transmit the teachings of Yoga in our unique ways.

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00:35:37.790 --> 00:35:53.600

Susanna Barkataki (she/her): And so that's so inspiring to me, and so exciting and like. I just think about all the folks that you're working with, and the startup, and how much they'll benefit from, not just the physical practice, because the physical practice is amazing. Of course, that also hearing, and

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00:35:53.800 --> 00:35:59.910

Susanna Barkataki (she/her): you know, learning a little bit about the philosophy and and other aspects of Yoga. So that's

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00:36:00.210 --> 00:36:02.340

Alex Meade: It's it's definitely

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00:36:02.640 --> 00:36:22.460

Alex Meade: it it. It's definitely something that because people I, as I used to teach yoga in my surfing houses in in Portugal quite a bit as well, and you get a lot of Europeans who and everybody would just want the physical aspect, and they would very much dismiss any of the spiritual aspects of Yoga.

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00:36:22.460 --> 00:36:35.320

Alex Meade: and it kind of got to a point where you would feel nervous about talking about anything that had any Scripture aspect to do with the class. And yeah. So now I feel like through this program.

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00:36:35.610 --> 00:36:47.440

Alex Meade: Yeah, I feel like, No, this is. This is all right to do this, and you know you. You have arrived here, and you you know it's it's not just about moving your body. It's everything else that's involved as well. So yeah.

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00:36:48.050 --> 00:36:48.840

Alex Meade: Thank you.

242

00:36:49.610 --> 00:36:55.020

Susanna Barkataki (she/her): Yeah, Thank you. Thanks. And I think I saw another hand. Was it, Terry?

243

00:36:58.990 --> 00:37:03.880

Susanna Barkataki (she/her): Yes, yes, it is, Neil. Sorry I I have you?

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00:37:03.890 --> 00:37:14.700

Terri Renae Hewitt: Susan is so great. Being here today, I have missed the first 2 months of the pilgrimage classes due to my schedule, but i'm just happy to be able to make it today.

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00:37:16.410 --> 00:37:20.960

Terri Renae Hewitt: and I I am enjoying this journey so far. It's

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00:37:21.230 --> 00:37:32.250

Terri Renae Hewitt: it's helping me so much with connecting with my true and of being and helping me to understand and expand my knowledge, and then to share it.

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00:37:32.580 --> 00:37:35.190

Terri Renae Hewitt: And I have.

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00:37:35.880 --> 00:37:38.100

Terri Renae Hewitt: I had my challenges with Satya

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00:37:38.280 --> 00:37:41.870

Terri Renae Hewitt: in a couple of different ways.

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00:37:42.220 --> 00:37:45.600

Terri Renae Hewitt: One, I would say, I do lead

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00:37:45.800 --> 00:37:59.510

Terri Renae Hewitt: classes throughout my community here in New York, and they are small classes in there and after school centers in community centers. So. But this season I've only had adults, and

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00:38:00.200 --> 00:38:08.350

Terri Renae Hewitt: since I have recently finished my or at my final, this weekend for my trauma for Yoga, I have changed

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00:38:08.610 --> 00:38:12.020

Terri Renae Hewitt: so. There are things that I no longer

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00:38:12.660 --> 00:38:26.300

Terri Renae Hewitt: align with in that I wanted to grace, believe, or move out of my classes without disrupting my clients, and the students that that attend, and I truly didn't know how to do that.

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00:38:26.430 --> 00:38:31.730

Terri Renae Hewitt: So at some point I was still doing the things that wasn't truly aligning with me. And then.

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00:38:32.190 --> 00:38:42.710

Terri Renae Hewitt: a couple of weeks ago, I just said I can't, and what I did was in the beginning of the class. I just told them the true which felt good to just say.

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00:38:42.730 --> 00:38:47.470

Terri Renae Hewitt: Hey, you know, there there are certain things that i'm just not aligned with anymore.

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00:38:47.690 --> 00:38:55.120

Terri Renae Hewitt: and I won't be qin, xy and z anymore. But however, if this is in your practice, please

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00:38:55.460 --> 00:39:04.200

Terri Renae Hewitt: do this pose instead of doing what I am using what I what I am queuing. and I got a good response from that, and it it just made me feel

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00:39:04.410 --> 00:39:16.250

Terri Renae Hewitt: just relieved to get that out and not be in too much of a fear of people that were not aligned with what I was trying to

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00:39:16.360 --> 00:39:33.290

Terri Renae Hewitt: to bring forth in my own classes. Another thing is Yesterday I found myself also having a little moment, because I always have a class full of females. It's always women, and I had a male show up, and it was great to have you know that masculine energy there.

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00:39:33.310 --> 00:39:40.990

Terri Renae Hewitt: But I realized when I queued. God is posed. I caught myself, and I said, and then I said.

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00:39:41.110 --> 00:39:44.490

Terri Renae Hewitt: or horse. But then I didn't know either to do that.

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00:39:44.650 --> 00:39:50.650

Terri Renae Hewitt: And I cut his head. Hmm, you know, but so little things like that.

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00:39:50.660 --> 00:40:04.480

Terri Renae Hewitt: I also didn't know if I changed my classes if I would lose clients, and if I would not get my contract anymore. But I decided to stick with what? How I am developing, and bring that forth in my classes.

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00:40:04.690 --> 00:40:15.540

Terri Renae Hewitt: And so I I relate with the other, with the other women talking about impostor syndrome and questioning yourself, and knowing how to how and when you should move forward.

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00:40:15.820 --> 00:40:26.730

Terri Renae Hewitt: And I just want to say, I think we're on on the right track. We're all on the right track by attracting our sole clients and bring it forth in our classrooms what it is that's aligned in our experience.

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00:40:28.540 --> 00:40:29.650

Susanna Barkataki (she/her): Yes.

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00:40:30.770 --> 00:40:46.700

Susanna Barkataki (she/her): Terry, thank you so much. You might not have seen it, because you're on your phone, but there's a lot of hearts popping amongst folks, and then in the chat, there's some love for you as well. I just really resonate to with your it's like

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00:40:46.710 --> 00:40:51.370

Susanna Barkataki (she/her): that courage to speak the truth. Your truth.

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00:40:51.610 --> 00:41:02.740

Susanna Barkataki (she/her): even if you're not sure if it's going to be proved up by your students or by your community, it's, someone said, it's so liberating right like, and it is it's liberating for others, too.

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00:41:03.140 --> 00:41:19.220

Susanna Barkataki (she/her): And I think people appreciate that even if they don't fully agree, or they have a different opinion. I just got to do this in my 200 h class, and it was a little nerve racking, because, you know, I wasn't it was like, what do we do as a community

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00:41:19.220 --> 00:41:27.170

Susanna Barkataki (she/her): when aggressions are micro aggression to come up right like it'd be like if something happened in our space. How do we want to handle it, and

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00:41:27.220 --> 00:41:37.570

Susanna Barkataki (she/her): and it was nerve racking, and ultimately like what I had originally thought. We did something we chose to do, something different in conversation, but the

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00:41:37.570 --> 00:41:52.080

Susanna Barkataki (she/her): the willingness to have that courageous conversation. The students really affirmed like this is more valuable or not more, but just as valuable as any other thing you could have been teaching, and it was really powerful for me to be like right, like

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00:41:52.080 --> 00:42:04.250

Susanna Barkataki (she/her): we, even in the spaces where we might feel nervous or insecure like really following your truth. Is. it's the way so just really affirming you and I appreciate you. Thanks so much.

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00:42:04.570 --> 00:42:07.420

Susanna Barkataki (she/her): Yeah. yes.

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00:42:08.950 --> 00:42:12.530

Susanna Barkataki (she/her): And you know, I don't know anyone

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00:42:12.570 --> 00:42:14.230

Susanna Barkataki (she/her): I don't like. I know anyone

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00:42:15.350 --> 00:42:27.890

Susanna Barkataki (she/her): who doesn't feel imposter syndrome, or who doesn't feel insecure or not ready or not worthy at some point. If they care a lot about the thing that they're doing.

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00:42:28.790 --> 00:42:30.670

Susanna Barkataki (she/her): So I feel like

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00:42:31.140 --> 00:42:49.650

Susanna Barkataki (she/her): to me. I'm starting to see that feeling as like a badge of my passion or my care, my devotion as opposed to an actual sign that i'm really not ready, you know. So trying to kind of reframe it, and just like, oh, yeah, I feel that because I love this so much.

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00:42:50.380 --> 00:42:55.450

Susanna Barkataki (she/her): Yeah. Sounds like you're in your power, Terry. Yes.

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00:42:55.580 --> 00:43:05.930

Susanna Barkataki (she/her): yeah. And I love that, John says, could the feeling be referred to as humility? Yeah, I think it can be like there's a way that we love it so much.

285

00:43:06.290 --> 00:43:22.050

Susanna Barkataki (she/her): and we don't feel like experts, right? Because how could you ever be an expert? It's. It's paying for thousands of years right? And it's like the text on yoga. Only I think something like one of the texts have been translated into English.

286

00:43:22.060 --> 00:43:38.760

Susanna Barkataki (she/her): so there's no way that any of us know or ever will in our whole lifetime. All that there is to you know about Yoga, and we can be a devoted student and still do our best to teach what it is we do now done. I'd love to hear from you.

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00:43:42.080 --> 00:43:43.700

Dawn: I'm just

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00:43:44.010 --> 00:43:58.030

Dawn: feeling a little voyeuristic because i'm not a yoga teacher and I, but I can totally identify with idolizing a yoga teacher, and how that must feel on his shoulder.

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00:43:58.100 --> 00:44:09.720

Dawn: But what i'm hearing listening is how important it is to get out of the way for the student to find their own

290

00:44:10.160 --> 00:44:16.360

Dawn: union through Yoga. So some of this, as i'm listening, i'm thinking is maybe

291

00:44:18.210 --> 00:44:23.900

Dawn: our self understanding that we can't impose on someone else.

292

00:44:23.930 --> 00:44:30.090

Dawn: Which is why I i'm appreciating the roots and understanding the the deeper teaching

293

00:44:30.320 --> 00:44:35.810

Dawn: is, I don't want today's flavor of yoga. I don't want

294

00:44:36.070 --> 00:44:49.660

Dawn: Lulu lemon yoga. I want to actually stand with my feet on the ground sometimes, and just feel connected. And maybe that feeling of imposter syndrome which is

295

00:44:50.040 --> 00:44:59.200

Dawn: a label is actually guiding us to get out of the way for our students. I don't know that's just what's coming up for me.

296

00:45:01.080 --> 00:45:02.480

Susanna Barkataki (she/her): Thank you, Don.

297

00:45:02.540 --> 00:45:09.940

Susanna Barkataki (she/her): I really love that. And yes, you do not have to be a yoga teacher to embody it

298

00:45:09.960 --> 00:45:22.740

Susanna Barkataki (she/her): while driving a bus while working. You know what in our jobs like it's there's so many ways to embody that it's such a wonderful insight. Yeah.

299

00:45:25.550 --> 00:45:36.940

Susanna Barkataki (she/her): a few things. I want to share our our winners today, and also let you know that. So

300

00:45:37.380 --> 00:45:56.280

Susanna Barkataki (she/her): what I love to do is teach, as you can tell, love to teach it, like my absolute joy and passion in my zone of genius is to teach and facilitate, and where we just are opening up today, you'll probably get an email later today, if you haven't already gotten it our ytt 300, and it's the

301

00:45:56.570 --> 00:45:59.820

Susanna Barkataki (she/her): tenth time i'm running it fourth time online.

302

00:46:00.150 --> 00:46:05.350

Susanna Barkataki (she/her): and it's so much fun. And so if you haven't

303

00:46:06.020 --> 00:46:21.500

Susanna Barkataki (she/her): done a 300, or even if you have, or Haven't done a 200 h. But you want to do a training, a yoga training or envision, or see what it might be like. Yes, we want to do it again.

304

00:46:22.010 --> 00:46:27.340

Susanna Barkataki (she/her): Then I need to explore it, and I wonder if I can drop the

305

00:46:27.990 --> 00:46:33.550

Susanna Barkataki (she/her): Yes, so so I think I dropped the link in the chat

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00:46:33.700 --> 00:46:40.230

Susanna Barkataki (she/her): because it's so different than what's out there, and what maybe

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00:46:40.240 --> 00:46:44.690

Susanna Barkataki (she/her): kind of trainings that you have explored or have seen or have done.

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00:46:44.800 --> 00:46:47.460

Susanna Barkataki (she/her): because we have a diverse faculty.

309

00:46:47.950 --> 00:47:01.930

Susanna Barkataki (she/her): and we're holding space together. There's mentor groups. There's caucus spaces where we go into like identity, based caucuses, and apply yoga teachings in our lives.

310

00:47:01.980 --> 00:47:21.990

Susanna Barkataki (she/her): And there's one on one support with your Mentor. And really all of this like we're meeting week by week, live going in depth. It's. It's just an incredible experience. And so, if you are interested, please apply. If you know someone who might be interested. Please share it. I would so appreciate that

311

00:47:22.190 --> 00:47:38.500

Susanna Barkataki (she/her): Don't need to have done a 200 h because we were right like we offer yoga lines certification. But we're decolonizing it. So you don't need it, because, like who's to say that someone who's lived and practiced yoga for a while isn't able to go into a kind of

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00:47:38.500 --> 00:47:42.400

Susanna Barkataki (she/her): deeper kind of more broad training. So

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00:47:42.850 --> 00:47:49.250

Susanna Barkataki (she/her): yes, oh, I love that conscious discipline is wonderful for the teachers.

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00:47:49.520 --> 00:48:01.160

Susanna Barkataki (she/her): Yes, so let me share my screen. So oh, this this is the image of us and all our faculty. It's kind of cool.

315

00:48:01.740 --> 00:48:05.510

Susanna Barkataki (she/her): and then this is the page where.

316

00:48:05.600 --> 00:48:13.770

Susanna Barkataki (she/her): if you go there, has all the information, if you would like to see it everything from when we do our data to

317

00:48:13.830 --> 00:48:20.000

Susanna Barkataki (she/her): energy anatomy, to accessible teaching, all of the details, all of your questions

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00:48:20.500 --> 00:48:26.120

Susanna Barkataki (she/her): answered, and then, when you click on the like, apply now it goes to an application.

319

00:48:26.690 --> 00:48:43.990

Susanna Barkataki (she/her): And so, just so, you know, if you want, you could put it on your vision board. You can apply. If you have any questions you can email us at looking at. It might be. Well. Oh, thank you, Jase. 100 out of 10 I would recommend

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00:48:44.540 --> 00:48:52.120

Susanna Barkataki (she/her): it might be Well, yes, so you can email us there if you have questions. So our 2 winners

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00:48:52.250 --> 00:48:53.560

Susanna Barkataki (she/her): are

322

00:48:55.310 --> 00:48:56.650

Susanna Barkataki (she/her): Vivian.

323

00:48:56.920 --> 00:49:08.200

Susanna Barkataki (she/her): Vivian. Cardinus is shared about Ycc. And I want to just read because I feel like this is such a beautiful

324

00:49:08.260 --> 00:49:11.690

Susanna Barkataki (she/her): personal and powerful share.

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00:49:12.150 --> 00:49:30.940

Susanna Barkataki (she/her): And again, if you're here, congratulations, if you're watching the recording congratulations, and you get a one on one call with me so mid 2020, a summer of hell in the middle of catching every respiratory virus into humans, I stomped across the past. Curator. A virtual 12 month program

326

00:49:31.250 --> 00:49:41.130

Susanna Barkataki (she/her): I was craving deeply, craving to reconnect with you, but in a way that made sense with my current life circumstances, my capacity to teach where I source incredible amounts of joy and fulfillment.

327

00:49:41.140 --> 00:49:55.760

Susanna Barkataki (she/her): With compromise due to illness, Mother and a toddler having recently moved to, is in my capacity to practice in community, but so cool as we had met Vivian and I at an optimal training at 305 we you go back in 2,018.

328

00:49:55.760 --> 00:50:15.860

Susanna Barkataki (she/her): I was immediately captured by what you had to offer, and shamelessly so it's so fun! And then Vivian invited me to. I will teach a workshop in Miami, but it didn't it wasn't time for that. And as a student I've continued to in a way I didn't think possible at the time. It's true. I was there

329

00:50:15.860 --> 00:50:30.280

Susanna Barkataki (she/her): like. I really care about this work. I wish people would embrace yoga's roots. They're not, you know. It was like it was a very different time and think this is just what 5 years ago, 2,018, so much has changed in the yoga world

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00:50:30.670 --> 00:50:34.520

Susanna Barkataki (she/her): the way we i'm so thankful she never gave up me, too.

331

00:50:34.820 --> 00:51:02.160

Susanna Barkataki (she/her): the way we Western world, really to this ancient practices always made noise for me. Many things didn't settle right, and having hard to represent a culture and eloquently articulate. Very difficult ideas has been a wonderful gift in my life. This program has reignited my Yoga in the most inviting way. It's multi-dimensional history, mythology, ritual, pujo montreal. And then, you know goes. I want to read everything, but it's so so amazing. To just hear the story

332

00:51:02.160 --> 00:51:12.530

Susanna Barkataki (she/her): right? So sharing your story doesn't have to be connected to your class. Curator. If you want to. You're always welcome to share something you're learning. And Aha! But

333

00:51:12.750 --> 00:51:16.050

Susanna Barkataki (she/her): just like the biggest thing I'm taking away

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00:51:16.100 --> 00:51:22.300

Susanna Barkataki (she/her): is not stopping learning and not stopping standing for the truth, and we believe it.

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00:51:22.630 --> 00:51:42.700

Susanna Barkataki (she/her): And then our next person is Christina South, who shared this beautiful post about being honest about whitewashing and cultural appropriation. I was part of that. It's time to do better. I'm educating myself to be part of the change. So yay congratulations, Christina and Vivian, and

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00:51:42.700 --> 00:51:44.230

Susanna Barkataki (she/her): just my share.

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00:51:45.710 --> 00:51:48.720

Susanna Barkataki (she/her): Yeah. So excited for

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00:51:48.780 --> 00:51:50.130

how much

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00:51:50.220 --> 00:51:57.250

Susanna Barkataki (she/her): this movement is growing. And so, before we close, I just want to say, is there anyone who has?

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00:51:57.510 --> 00:52:14.920

Susanna Barkataki (she/her): You know, something that you've been working on a workshop or thinking about that. You want us to bring our energy or attention, or, you know, support to. I'd love to invite you to share out loud or in the chat so we can support you with that. Yes, Cleo.

341

00:52:15.920 --> 00:52:33.950

Cleo - Turtle Island: Hi. So I felt like a call to put a class together with a focus on grief for for for PET loss. But anyone experiencing any kind of grief really short practice, because I feel like tired grieving people. Don't have an attention span.

342

00:52:34.030 --> 00:52:46.330

Cleo - Turtle Island: And so I was hearing that call for a few weeks, and it got louder, and the heart started beating as it is right now, and I was like, oh, I have to do this. I have to do this. So I think I was in your 300 as well, and

343

00:52:46.330 --> 00:52:54.130

Cleo - Turtle Island: having the added support of going through your class curator. It's like I almost have this alarm system where I can't forget. I'm in yoga

344

00:52:54.130 --> 00:53:11.290

Cleo - Turtle Island: practice for 23 years of captain, because here comes the oh, get back in! Here comes the new issue. Get back into Saud and that, and I feel like all of that really supported me, and being like. Well, I don't know what I'm going to do, and it's only in a few days, and whoever shows up is meant to be there, and whoever doesn't Doesn't

345

00:53:11.370 --> 00:53:17.380

Cleo - Turtle Island: and i'm just going to do it. So yeah, I would appreciate some energy for that. That's going to happen. Sunday.

346

00:53:19.240 --> 00:53:28.320

Susanna Barkataki (she/her): Cleo. Oh, my goodness, I'm so grateful that you're teaching that class, and just sending you so much support and so much energy.

347

00:53:28.370 --> 00:53:36.830

Susanna Barkataki (she/her): And if you want, I don't know if you want this. So this is for anyone who was like, hey, can you share my stuff to your stories? I'm always happy to share. You can just

348

00:53:36.830 --> 00:53:54.610

Susanna Barkataki (she/her): direct message me. I don't always see everything, so I will be honest. There, I can't do everything, but but if I do see it, and I can, and it's in a timely way. I will. I will share. I appreciate that. I appreciate everyone. I can feel that. Thank you. Yeah.

349

00:53:54.830 --> 00:53:56.060

Susanna Barkataki (she/her): yes.

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00:53:56.160 --> 00:54:00.590

Susanna Barkataki (she/her): sending you so much care. Oh, my gosh clear! There's so much love in the chat.

351

00:54:03.090 --> 00:54:04.050
Susanna Barkataki (she/her): Yeah.

352
00:54:06.340 --> 00:54:07.300
Susanna Barkataki (she/her): Hmm.

353
00:54:09.160 --> 00:54:23.410
Susanna Barkataki (she/her): Good afternoon Last year. And after non-stop classes. With different teachers I respect. I started an intro to yoga training in Spanish. My focus is immigrant families who are in care of children. Yeah, powerful.

354
00:54:23.470 --> 00:54:29.350
Susanna Barkataki (she/her): Thank you for for doing that and sending lots of support and care for that, too.

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00:54:29.470 --> 00:54:33.050
Susanna Barkataki (she/her): Did I miss something? Oh, yes.

356
00:54:33.520 --> 00:54:36.790
Susanna Barkataki (she/her): not yet. Not yet

357
00:54:37.340 --> 00:54:41.470
Susanna Barkataki (she/her): sending lots of good vibes to finding a new job.

358
00:54:45.290 --> 00:54:46.480
Susanna Barkataki (she/her): Yes.

359
00:54:47.610 --> 00:54:48.600
Susanna Barkataki (she/her): leaf

360
00:54:51.340 --> 00:54:53.130
Susanna Barkataki (she/her): and just naming leaf.

361
00:54:53.250 --> 00:54:58.430
Susanna Barkataki (she/her): I actually have to go right on that hour. So just inviting you to be

362
00:54:58.610 --> 00:55:07.000
Leaf (they/them): yeah, i'll be really quick. I didn't think that I wanted to share it today, but I it turns out I do, I guess, but

363

00:55:07.780 --> 00:55:09.150

Leaf (they/them): I like

364

00:55:09.930 --> 00:55:18.760

Leaf (they/them): I have been. I'm not currently teaching Yoga what I do for work is more website design base, and I use yoga to like

365

00:55:18.930 --> 00:55:22.010

Leaf (they/them): resource myself throughout that process.

366

00:55:22.070 --> 00:55:32.770

Leaf (they/them): and I've been working. I work for my family's catering business, and just launched a cooking workshop that my mom is running.

367

00:55:33.060 --> 00:55:45.680

Leaf (they/them): and so that's been taking a lot of my creative energy. And I'm really proud of how it turned out so like. I just wanted to like, Share that with everyone.

368

00:55:45.690 --> 00:55:48.400

Leaf (they/them): I'll drop the link if anyone is interested.

369

00:55:48.710 --> 00:55:56.940

Susanna Barkataki (she/her): Please drop the link. Oh, my gosh, yeah! What amazing family nurture and care! And I love that! You're

370

00:55:57.660 --> 00:55:58.740

Susanna Barkataki (she/her): feeling

371

00:55:59.620 --> 00:56:02.450

Susanna Barkataki (she/her): part of the workshop. I wonder

372

00:56:02.480 --> 00:56:08.710

Susanna Barkataki (she/her): we can drop it in a way that's I just copied it. Let me see if I can drop it in a way that I know that did not work.

373

00:56:10.090 --> 00:56:11.720

Susanna Barkataki (she/her): It's hyper like.

374

00:56:14.470 --> 00:56:16.300

Susanna Barkataki (she/her): so we can click it.

375

00:56:17.320 --> 00:56:19.860

Susanna Barkataki (she/her): Okay, this might.

376

00:56:20.340 --> 00:56:21.540

Susanna Barkataki (she/her): Oh.

377

00:56:23.030 --> 00:56:26.070

Susanna Barkataki (she/her): it's online. Oh, it's so cool.

378

00:56:26.540 --> 00:56:34.600

Leaf (they/them): Yeah, it's like a it's like a zoom workshop and you get like a little Pdf like ingredients list. And like recipe.

379

00:56:34.820 --> 00:56:39.390

Leaf (they/them): Yeah, it's just like we're trying this out for the first time. So like

380

00:56:39.430 --> 00:56:44.520

Leaf (they/them): this is the first time that, like i'm helping her kind of like

381

00:56:44.630 --> 00:56:48.860

Leaf (they/them): make the the online workshop happen. So there's a lot of like

382

00:56:49.260 --> 00:57:04.150

Leaf (they/them): like logistical issues to work out. I'm sure, like, you know, all the logistical things that could go wrong with like meeting over Zoom. So yeah, that's definitely something. I'm gonna be like figuring out over the next month for that.

383

00:57:04.490 --> 00:57:24.010

Susanna Barkataki (she/her): sending you and your family so much support and good energy for that. It is a huge lemon curve, and it's so much fun when it works Well, so much gratitude to each of you, and just sending all of you live, and those watching the replay. Lots of care, lots of lights.

384

00:57:24.020 --> 00:57:37.360

Susanna Barkataki (she/her): all the vibrant colors that you would like to receive this spring, and thank you so much for your presence. Thank you so much for your practice, and we'll see you if you can make it. And the office hours in a couple of weeks.

385

00:57:37.910 --> 00:57:42.340

Susanna Barkataki (she/her): Alright, have a great great day. Bye, I can unmute and say goodbye.