



IGNITE INSTITUTE

FOR YOGIC LEADERSHIP & SOCIAL CHANGE

- 00:02:28 Cleo - Turtle Island:
- 00:13:00 Karen McMillan | YINpreneur: I'm driving heart
- 00:13:05 Kiara (she/her): Reflective, questioning
- 00:13:09 Jessie Ballard: Feeling calm and restful
- 00:13:22 Lauren Cook: Strong
- 00:13:26 Rachel (she/her/hers): Tired and glad to land here. Birds are building a nest outside my space.
- 00:13:40 Leaf (they/them): Feeling a bit overwhelmed today... but taking time to reset and refresh as many times as I need to
- 00:13:42 Autumn: Feeling open to new possibilities and content
- 00:14:01 Jessica (she/her): Minor Threat lyric.
- 00:14:09 Justine E (she/her): I'm doing alright, was feeling keyed up and agitated from a busy work week. I have been leaning into my practice and have currently been outside for the past couple of hours which has completely nourished me!
- 00:14:23 Brandy Tidwell: Feeling impacted by the suffering of people I love. Practicing trusting in my capacity to hold space.
- 00:14:33 Rachel (she/her/hers): Reacted to "Feeling impacted by ..." with
- 00:14:49 Jaime (she/her, wb): So so grateful to be here. Thank you for all the generous resources that we are receiving in this YCC program. I'm feeling proud of myself today for handling some personal challenges with dignity and self respect.
- 00:15:00 Natasha Kassam Paris (she/her): Reacted to "So so grateful to be..." with
- 00:15:03 Natasha Kassam Paris (she/her): Reacted to "Feeling impacted by ..." with
- 00:15:05 Justine E (she/her): Replying to "Feeling impacted by ..."
- Sending you comfort and care Brandy
- 00:15:11 Natasha Kassam Paris (she/her): Reacted to "Sending you comfort ..." with
- 00:15:31 Jamie (she/her) @tharavadayoga: So funny, I've been worrying myself for the last 2 weeks because I've diagnosed myself as being in a "mid-life crisis," lol. I'm clearly in a portal with the reverberating question, 'who am I outside of what I've been conditioned to be?' I finally opened this month's issue of YCC and laughed out loud at how perfectly it is aligned with my current exploration. It was also comforting to see and remember how much svadhyaya is already a practice for me. <3
- 00:15:48 Jamie (she/her) @tharavadayoga: Reacted to "Feeling impacted by ..." with
- 00:16:04 krystyne wilson: Reacted to "So so grateful to be..." with
- 00:16:07 Bobbie Jaramillo (she, her): Reacted to "So funny, I've been ..." with

00:16:14 krystyne wilson: I was sick one week and on vacation the next, it gave me a unique opportunity to connect with myself and my family, but at the same time i am now feeling extremely disconnected from my job.

00:16:16 Rebecca R (she/her) Dakhóta land: I'm feeling exhausted (and ill), but grateful to be here

00:16:19 krystyne wilson: Yes here 😊

00:16:29 Brandy Tidwell (she/her): Replying to "Feeling impacted by ..."

Thank you Justine 💜

00:19:10 krystyne wilson: Thank you for sharing!

00:21:57 Andrea @alovincoven: The All White Transactional Economy! 😭😞 I know that all too well, Jeremy.

00:22:06 Rachel (she/her/hers): Reacted to "The All White Transa..." with ❤️

00:25:06 Rachel (she/her/hers): So much wisdom here Jeremy.

00:25:48 Bobbie Jaramillo (she, her): Thank you 💜

00:25:50 Tyra (teer-a) H: Thank you for sharing Jeremy - appreciate your thoughts and vulnerability.

00:25:50 Ashley (she/her): Reacted to "The All White Transa..." with ❤️

00:25:51 Cleo - Turtle Island: Jeremy I just desire for more of your energy out there, as a newyorican taino I can relate to the imposter feelings

00:25:55 Ashley (she/her): Thank you for sharing Jeremy

00:26:07 Autumn: 🧡

00:26:12 Ari Marie: Thank you for sharing Jeremy!

00:26:14 Robin Duke: Admire your integrity

00:26:35 Natasha Kassam Paris (she/her): Feeling with you, Jeremy. Grateful for your integrity and authentic expression.

00:26:50 Jamie (she/her): Thank you for your courage and integrity ❤️

00:28:05 Amanda Halls:we need to hold space with more than one truth at the same time

00:28:14 Natasha Kassam Paris (she/her): Reacted to "we need to hold spac..." with ❤️

00:28:34 Jamie (she/her): Reacted to "we need to hold spac..." with ❤️

00:28:36 Ari Marie: Reacted to "we need to hold sp..." with ❤️

00:29:12 Ashley (she/her): Reacted to "we need to hold spac..." with ❤️

00:29:17 Andrea @alovincoven: Reacted to "we need to hold spac..." with ❤️

00:31:25 Karen McMillan | YINpreneur:Satya, your is yours. Let not their issues be yours ❤️

00:32:40 Andrea @alovincoven: YES! I've been going back to what Dr. Rosales Meza says of "Is it imposter syndrome or is it a colonized mind?" Many times it's the systems we're in and not ourselves that put us in certain boxes.

00:32:57 Rachel (she/her/hers): Reacted to "YES! I've been going..." with ❤️

00:33:03 Jamie (she/her): Reacted to "YES! I've been going..." with ❤️

00:33:12 Natasha Kassam Paris (she/her): Reacted to "YES! I've been going..." with ❤️

00:33:19 Rachel (she/her/hers): Andrea! Yes!

00:33:20 Rebecca R (she/her) Dakhóta land: Reacted to "YES! I've been going..." with ❤️

00:33:25 Autumn: Reacted to "YES! I've been going..." with ❤️
00:33:29 Ari Marie: Reacted to "YES! I've been go..." with ❤️
00:33:31 Andrea @alovincoven: ❤️❤️❤️
00:33:47 krystyne wilson: Reacted to "YES! I've been going..." with ❤️
00:33:47 Brandy Tidwell (she/her): Reacted to "YES! I've been going..." with 💜
00:35:04 Natasha Kassam Paris (she/her): Replying to "YES! I've been going..."

So grateful for Dr. Meza's teachings and invitations, as well. She's opened up so much for me. I ask different questions now, in part, due to her work.

00:36:09 Kiara (she/her): ❤️
00:36:30 Kiara (she/her): I feel this too Jaime
00:36:55 Andrea @alovincoven: Replying to "YES! I've been going..."

Yes Natasha, so much wisdom in her work <3 love that it is bringing so much reflection for you as well.

00:37:05 Natasha Kassam Paris (she/her): Reacted to "Yes Natasha, so much..." with ❤️
00:37:29 Rebecca R (she/her) Dakhóta land: Reacted to "I feel this too Jaim..." with ❤️
00:38:04 Sara A (she/ her/ hers): Resonates so much with me, Jamie
00:38:20 Karen McMillan | YINpreneur: 💜
00:39:01 Rachel (she/her/hers): This is so tender.
00:39:57 Jamie (she/her) @tharavadayoga: Replying to "YES! I've been going..."

Also this Insta post (hope the link works!)

https://www.instagram.com/reel/Cp0GVekPBcL/?utm_source=ig_web_copy_link

00:40:05 Karen McMillan | YINpreneur: White privilege is a political, power construct 🙄

Can one choose to join or practice?

00:40:21 Amanda Halls: or when you feel you don't belong....

00:41:04 Kiara (she/her): Who am I as a white person, beyond white supremacy culture? Do I have a culture outside of that?

00:43:14 Karen McMillan | YINpreneur: Reacted to "YES! I've been going..." with ❤️

00:43:15 Rachel (she/her/hers): The place of liminal space, threshold space is sacred in many cultures, including my own Celtic Cosmology.

00:44:50 Jamie (she/her): Reacted to "Who am I as a white ..." with ❤️

00:45:29 Amanda Halls: @kiara who were you before you were white?? that's a question I ask myself as I try to reconcile my white ancestry (I'm mixed)

00:45:45 Jamie (she/her): Reacted to "@kiara who were you ..." with ❤️

00:45:48 Ashley (she/her): Reacted to "@kiara who were you ..." with ❤️

00:46:04 Kiara (she/her): Reacted to "@kiara who were you ..." with ❤️

00:46:18 Jamie (she/her): Reacted to "Resonates so much wi..." with ❤️

00:46:22 Jamie (she/her): Reacted to "💜" with ❤️

00:46:27 Jamie (she/her): Reacted to "This is so tender." with ❤️

00:46:34 Kiara (she/her): Replying to "@kiara who were you ..."



00:46:55 Jamie (she/her): Reacted to "White privilege is a..." with ❤️
00:47:09 Jamie (she/her): Reacted to "or when you feel..." with ❤️
00:47:31 Jamie (she/her): Reacted to "👤" with ❤️
00:48:02 Karen McMillan | YINpreneur:Glad.I moved slowly out of satya as called ❤️
00:48:02 Rachel (she/her/hers): Reacted to "@kiara who were you ..." with ❤️
00:48:25 Jamie (she/her): Replying to "@kiara who were you ..."

Thanks for this, Amanda ❤️

00:48:46 Jeremy Lewis (all pronouns): My thought about how to teach without appropriating, is to seek out and platform South Asian teachers, and other teachers of color too, in your local area. Stretch your comfort zone to get them in and sharing their wisdom and breadth of practice, with your students and community

00:48:56 Karen McMillan | YINpreneur:Reacted to "@kiara who were you ..." with ❤️

00:49:02 Rachel (she/her/hers): Reacted to "My thought about how..." with ❤️

00:49:04 Jamie (she/her): Reacted to "My thought about how..." with ❤️

00:49:31 Amanda Halls:@kiara my own ancestry were Vikings through Normandy before they were white. it has helped me to connect to those spiritual practices and learn about them historically as well.

00:50:30 Kiara (she/her): Reacted to "My thought about how..." with ❤️

00:51:29 Kiara (she/her): Reacted to "@kiara my own ancest..." with ❤️

00:53:12 Karen McMillan | YINpreneur:Yoga living not just yoga practice ❤️ Does yoga living have or need a color?

00:54:06 Karen McMillan | YINpreneur:Replying to "Yoga living not just..."

Or yoga teaching 🙏

00:54:24 Christie Zuverink: Reacted to "Yoga living not just..." with 💜

00:55:12 Kiara (she/her): Thank you so much Susanna!

00:55:20 Aine she/they: Reacted to "YES! I've been going..." with 💜

00:55:24 Andrea @alovincoven: Here's the doc Susanna mentioned with orgs to learn from and donate to 😊

https://docs.google.com/document/d/1H2Hlu-M_69dtDqO-WO47194bmuIMPYPYfRZVYUnGjbQ/edit

00:55:24 Aine she/they: Reacted to "YES! I've been going..." with ❤️

00:55:32 Cleo - Turtle Island: So many are not asking themselves these questions and there's value in being in that place of inquiry I think

00:57:59 krystyne wilson: Oh i like this outline! I've been struggling with how to map out each month and this is so helpful visually to break it down

01:00:24 Sara A (she/ her/ hers): Susanna, do you have resources you recommend for getting deeper into mantra with an eye toward eventually sharing it with others?

01:00:36 Jessica (she/her): How would one go about deepening a mantra practice? I feel very drawn to that practice, but feel like my YTT 200 barely even covered it.

01:01:19 Rachel (she/her/hers): Russell Paul is my longtime teacher.

01:01:56 Susanna Barkataki (she/her):

<https://docs.google.com/document/d/1yvqxjHWrH-czwdSN-QbaC9tX8UMt4Hv1u4GgGh-xZtg4/edit?usp=sharing>

01:01:58 Ashley (she/her): Reacted to "How would one go abo..." with ❤️
01:02:35 Brandy Tidwell (she/her): I have to head back to work, but wanted to say thank you all for your thoughtful presence and questions today!
01:02:47 Andrea @alovincoven: <https://www.instagram.com/findyourbreath/>
01:02:52 Andrea @alovincoven: Melissa Shah
01:03:14 Andrea @alovincoven: Mx Puja - <https://www.instagram.com/mxpujasingh/>

<http://www.mxpujasingh.com/about>

01:03:41 Andrea @alovincoven: Applu for YTT 300:

<https://embodyyogasroots.com/ytt-300-apply/>

01:04:46 Andrea @alovincoven: You can email me at booking@ignitebellow.com with questions or for scholarship requests 😊

01:04:51 Karen McMillan | YINpreneur: A link if we wish to donate ? It was life changing ❤️

01:05:05 Jamie (she/her): Reacted to "A link if we wish to..." with ❤️

01:05:25 Jamie (she/her): Reacted to "Yoga living not just..." with 💜

01:05:25 Jamie (she/her) @tharavadayoga: Reacted to "A link if we wish to..." with ❤️

01:06:05 Karen McMillan | YINpreneur: @yinpreneur I have link

01:06:15 Susanna Barkataki (she/her):

<https://ignitebellow.thrivecart.com/future-of-yoga-fund/>

01:06:34 Andrea @alovincoven: That was fast, I couldn't find it 😊

01:07:12 Rachel (she/her/hers): Thank you everyone, have to go!

01:07:51 Christina (she/her): Thank you

01:07:52 Autumn: Thank you!!