



IGNITE INSTITUTE

FOR YOGIC LEADERSHIP & SOCIAL CHANGE

- 00:18:51 Susanna Barkataki (she/her): Two words ...
- 00:19:06 Carly Joelle: Sleepy and grateful
- 00:19:11 Susanna Barkataki (she/her): Any thing on mind and heart - any questions yoga practice, teaching, embodiment
- 00:19:14 Elizabeth: Settled
- 00:19:18 Kahli Alspaugh: Exhausted and hopeful
- 00:19:22 Autumn: Exhausted and overwhelmed, but slightly less whelmed than earlier today
- 00:19:25 Constina: Gratefulx2
- 00:19:29 Ari Marie: Exhausted and blessed
- 00:19:30 Bobbie Jaramillo (she, her): Calm and ipen
- 00:19:32 Jamie (she/her) @tharavadayoga: centered and chill 😊
- 00:19:35 Carly Joelle: Reacted to "Exhausted and overwh..." with ❤️
- 00:19:37 Bobbie Jaramillo (she, her): Open
- 00:19:38 Carly Joelle: Reacted to "Exhausted and hopefu..." with ❤️
- 00:19:46 Dominique Lynch (she/her/hers): Relaxed and ready for bed.
- 00:19:52 Amy Grace (she/they): Relaxed and grounded
- 00:19:52 Elle (she/her): Grateful + open.
- 00:20:22 Susanna Barkataki (she/her): Ishvara pranidhana
- 00:20:30 Susanna Barkataki (she/her): Divine devotion
- 00:20:31 Susanna Barkataki (she/her): !!
- 00:28:21 Radha Dalal @radiancewithrads: + so beautiful and loving
- 00:30:10 Jamie (she/her) @tharavadayoga: Reacted to "+ so beautiful and I..." with 🙏
- 00:31:20 Bobbie Jaramillo (she, her): Yes, I love the way you expressed the ever changing faces of the Devine in all things and our ability to understand the Devine as we grow.
- 00:31:27 Elizabeth: Thank you ALL so much for the great thoughts!!!
- 00:31:36 Radha Dalal @radiancewithrads: + I love how the divine and devotion can look and feel like so many different things and yet still feel so loving
- 00:32:50 Radha Dalal @radiancewithrads: + so sweet
- 00:34:07 Radha Dalal @radiancewithrads: * I really struggle with this too
- 00:38:15 Bobbie Jaramillo (she, her): In Asana class I start by guiding through the Koshas offering that they allow their wisdom body to guide their practice. I have to go and hope this helps.
- 00:38:15 Carly Joelle: I often use quotes / poems, so I'm using other folks' words & thoughts.. I hardly know how I personally feel day-to-day on these big question..
- 00:39:54 Constina: Replying to "I often use quotes /..."

I also use quotes and poems. Particularly readings from Bhagavad Gita

00:40:03 Radha Dalal @radiancewithrads: Reacted to "I also use quotes an..." with 🧡
00:40:08 Carly Joelle: Reacted to "I also use quotes an..." with ❤️
00:40:15 Carly Joelle: Reacted to "I also use quotes an..." with 🌿
00:40:32 Jessica Leigh: Reacted to "I also use quotes an..." with ❤️
00:40:41 Autumn: Reacted to "I often use quotes /..." with ❤️
00:40:54 Radha Dalal @radiancewithrads: It feels like there's no right or wrong way...but can you offer compassion
00:41:46 Autumn: Love a parable
00:41:52 Constina: Reacted to "In Asana class I sta..." with ❤️
00:41:58 Constina: Reacted to "I often use quotes /..." with ❤️
00:42:00 Carly Joelle: Reacted to "Love a parable" with 🌿
00:42:18 Radha Dalal @radiancewithrads: Reacted to "Love a parable" with 🌿
00:42:48 Radha Dalal @radiancewithrads: I wanna hear one of your stories now 😊
00:43:00 Constina: Replying to "I wanna hear one of ..."

yeah. for sure

00:46:04 Jamie (she/her) @tharavadayoga: We can also relate a story to a chakra(s)/pranayam we might be working with in a given session 😊
00:46:16 Radha Dalal @radiancewithrads: ^ YES
00:46:46 Constina: Reacted to "We can also relate a..." with 👍
00:52:39 Radha Dalal @radiancewithrads: + I love that so much
00:57:40 Jessica Leigh: so many great questions and conversations! thank you all for sharing ❤️
00:59:13 Radha Dalal @radiancewithrads: Thank youuu
00:59:23 Susanna Barkataki (she/her): Your direct relationship with yoga itself!! Radha!!
00:59:28 Radha Dalal @radiancewithrads: Reacted to "Your direct relation..." with 🧡
01:00:05 Jamie (she/her) @tharavadayoga: Reacted to "Your direct relation..." with ❤️
01:00:24 Constina: Reacted to "Your direct relation..." with ❤️
01:02:02 Radha Dalal @radiancewithrads: Thank you everyone
01:02:29 Constina: thank you everyone.
01:02:44 Elizabeth: Gratitudes!!!!
01:02:47 Jamie (she/her) @tharavadayoga: I like this evening energy 💜
01:02:50 Adriana Botic (she/her/ella): Thank you, Everyone! ❤️
01:03:35 Autumn: Thank you all!
01:03:49 Elle (she/her): Thank you so much!
01:03:50 Carly Joelle: I appreciate this conversation and community so much!!