The recent pandemic has shown us how truly connected we all are which was the point of us putting this panel together. Thank you for being here. The goal is nothing more than to foster greater connection and the international yoga community in the form -- be better informed by the areas of challenge faced by the yoga community around the globe. We know this inherently as yogis and it's never more true than is now that what affects one of us affects all of us. But really just having an amazing network of leaders in their communities around the globe. I'm excited to introduce the folks who are joining us on the panel today. Many of them have been here for a long time and we have all been coming up together and looking for ways to bring the practice to the world and they are all leaders in their communities and what we will be looking for today is to hear from them what has been like and what their experience has been like. One of them is called Global Flow Retreat which is a global retreat company that takes groups of yogis all around the world. She will tell a little bit more about hers Peschel niche take on the business later. She is also the founder of a online event company so she is quite busy making essential oils when she is not busy running global events in person and online. Suz and I have known each other for at least a decade. We met in San Francisco at the conference I think in 2009. We have found many new ways to collaborate recently. I'm excited to have her here as part of the panel. Said thank you. We also have Claudia from Mexico representing from Mexico City. She is an artist, actor, coach and yoga teacher and one of the original founders of the studio. I'm excited to have her. We do not get to hear as much from the Latin countries. Not that you can speak for everyone but I'm glad you were able to make time because we do not often get the ears and heart of what is happening. I'm excited to hear from you about what the experience is like in Mexico specifically with the practice of yoga. Thank you for being here. Welcome.

We have our only man on the panel today. Troy has to hold it down for the male persuasion. He is joining us from Trinidad and Tobago. He is a studio owner and phenomenal teacher who has come up under the One Yoga brand. Spiritual guy who lives in a tree house with hummingbirds. Really interesting and exciting and I think also hearing from you Troy about what is happening in these more isolated areas of the world with very distinct in very different cultures. He is one of my favorite teachers out there right now.

We will split the webinar into two halves. The first tab is the culture in the second half we will talk business. I will go through and ask questions of each of the panelists. They will have an opportunity to share. We will engage each other. Really just looking to hear from you guys what it is like being a leader in the yoga community in your specific communities. Of course I am sitting in New York City right now. Yoga Alliance is based on the East Coast of the United States. So we can be rather North America centric and really thinking through a Western lens of what you get is and how just sort of what yoga is what the purpose of it is. It is very interesting and exciting to have this opportunity to get to know the global community in a richer way. We are excited to hear from you guys. And of course if there’s anything we can do to be of service to you as you are doing your work that is also staff we would like to discuss.

If you guys are ready, we will get going with the culture in the community. Anybody want to go first? Claudia. I will share a couple questions, Claudia. You answer them how you see fit. I will use these as a prompt but also anything naturally you want to share this is your time. We make sure you get to say what you want to and not just what I want you to say. OK.

Tell us a little bit about the cultural impact of yoga in your community and the challenges, the cultural challenges of yoga in your community.

>> Yes. Thank you, Eva. I'm so honored to be a part of this panel. It is such an important moment for all of us globally. At the moment I'm in the community on the southeast coast of my country. I came here 12 years ago which when I came there was only four yoga teachers. It was really a community, a small community of yoga practitioners and a small community of yoga teachers which held different styles.

When I came with my project to really go inside the community and not only the city, the base city but the little community surrounding the Mayan jungle and to see how yoga could blend with their traditions, I found an exciting and so passionate path that what I did was open up my eyes and receiving also what they had in their own culture to
share with me because I am Mexican but I am not Mayan so it was a fantastic and wonderful approach. Because that blend or that approach made facility for me to be able to absorb and at the same time share. This group so much that 10 years later my studio, it was already and Institute not only be teaching but there were five different branches. So there was Reiki medicine, yoga, teacher training so it grew a lot. You are the witness of how I want to transform that more in a holistic way of approaching yoga not only Asana, it was very organic. The impact was a game to grow.

The community is ready to receive it. People were ready to learn more and to deepen. So I invited teachers from all over the world from Mexico City. I have a very b relationship with Mexico City. I am from Mexico City and that made a growth not only as I say organic but it was beautiful to watch. It was blossoming because people were ready to receive it. I was not imposing a method or a way.

I have to say it was such a great path of learning. At some point I began to understanding I wanted to be more nomad, to be traveling in teaching my method and not only stay focused in one place. That is what I started doing and I have to say (unknown term) was a great help for that in a beautiful way. Yes, I am honored because I really felt I had a great communication with you and your project. And you helped me so much to fulfill that dream to maintain what I had done without finishing it just honoring a cycle, giving it to a community but also build my own dream is an individual, as an actress, as a Yogi. So embracing again many aspects of myself. And that changed a lot also. The community, my relationship to the community.

>> Yes. Thank you for saying that and I do, anybody – it's a common thread because as you go business owners we have also -- all work so hard. That 10 years later is a whole lot of hard work. It's wins, learnings, losses and we all have that decade that we have spent so when I have a chance to support someone who is in a transition moment I will fight for you to hold on to what you can because she worked so hard for it and because the community there which can't be your only responsibility. You have to be responsible first to yourself as an owner and a leader and then there is this amazing community that has been built and developed so how can we do both. I have been super excited to see how you have made that transition.

I want to ask one question. You said the community was ready to receive the practices. And you said it's because you were not being imposing. I wonder if you can share a little bit about that because I think it's a very specific approach and I think that it is a real dynamic, you know, how can you come in especially with traditions that are thousands of years old and your instance and make something that is complementary, you know, that people feel they can have a little of this and a little of that. Or wonder if you remember what it was like, you know, where you intentionally not been imposing?

>> Yes, intentionally. Because I felt there was so much knowledge that yoga shares with this kind of medicine and traditions that are focused on connection with nature in connection to the body that I was also wanting to open up and receive what they needed and what I could do. I kind of feel that maybe the first months I put my offering out with the clarity of what I already did my method and creating dialogue. You need more? Do you need this or that? How do you feel? Yes, it was a holistic approach of yoga because I talked about emotional issues. I'm not a therapist but I was talking about how would you like to focus this or that. Just people feeling listened made a difference. It wasn't that I was really channeling with yoga towards a psychotherapy or anything. No. I made my offer. I did not change my offer I just change the approach.

>> I think that is great advice to be asking, I mean it seems like so duh why would we do that but I don't think we do it often. Really talking to the people who you are bringing the practice doing asking what they need and listening how to shape the practice to be right for them. So beautiful, beautiful.

What about a couple of the other things that we are interested in hearing about. How does race come to play, come into play in the yoga community there? Status? Religion? Education? Body image? Are there any conversations like that that you find important to share?

>> Yes. It is in Mexico a very traditional point of view of the world in the sense of it's very divided. For one sign the religion has a lot of weight for many people and that makes them go away from you go. This is a very large part of the population. But in the 10 years that I had my experience with building of the community around yoga I also found that a major like a big part of Mexicans coming from other parts of Mexico migrated. The community was made up of people also opening up to different parts of the country and seeking for depth in themselves. Then that transformed also the vision the locals have about yoga. First they thought it was threatening or strange but then seeing how it grew because this is not only impacted my small community but now there are like, I don't know, 27 or 37 studios. When I came there was none. Like a tsunami in the good sense of transformation and change the perspective of the whole. I think there may be some people that are afraid of it or feel totally distant around yoga good people can see how collective the energy moves around healing, so this is a very important topic in our day.
It's change and in terms of race now also it's very temporary cosmopolitan place to live in. There are many, many people from all over the world and has become a very beautiful blend and people from the Mayan communities are open, they are very open people and noble.

So the blend has been natural.

>>Beautiful. Beautiful. Beautiful. Thank you. Suze. Inspired, ready to go? You've got to mute off first. I feel like that game. You see who hits the buzzer first term right on. Thank you for coming back. I wanted to make sure, it was important for me to get you back on the panel because I find your community really interesting so I'd love to hear from you about the impact on cultural yoga, cultural challenges, how does race, status, religion play a role in the growth of yoga in your community.

How your teaching yoga in your community, so please, hear from you.

>>Is not so interesting because we have such a mix of people, right, because originally we have a massive African and Indian population. Huge. So yoga isn't due to Trinidad by any means. There's a very traditional aspect approach to yoga. And aspects of Trinidad where they are more young populations you find that there is very traditional concentration of approaches to yoga, but with that there is also disconnect, because you have the newer generation you really aren't into that folder, traditional approach to yoga.

From an Arab, European descent white skinned man showing up as a minority teaching yoga, which you know what I mean, which a lot of time the evening culture feels what are you doing and why are we not teaching.

So there was a prediction of what the reaction might be. Even though there's a lot of soul and a lot of goodness it still is also a very superficial…superficial society, right, so there is a lot of chat and because of and the logic of inference and concern about what we look like, if were going to feel comfortable in the classroom and what is yoga, is it exercise.

So we've had our own struggles in a lot of ways and I think still very much the practice of yoga. Is only accessible even though we have tried it a few times and tried to offer it to lower income communities and we have a lot of plan, especially now moving forward, to push on that.

Yeah, another area has its own challenges because there's so much around race and religion and preconceived notions of what this practice is that were always juggling something. You know and I don't know if that makes any sense, but…

>>It definitely does. And I don't know if anyone had a laugh I wrote down who is a white guy teaching yoga. (Laughs) is really fun eight -- funny and not probably something common because white guys in teaching yoga is normal here in North America so I think that's a really interesting dynamic that you kind of flipped on your head and that you're living in Trinidad.

Can you tell us a little bit about the race issue and religion and how that comes to play in the studio?

>>I grew up Catholic. Even though I did not always connect to teachings I was always deeply connected to teachings of Christ, which to me I saw is very different from and I remember when I first came back from my first training there was a lot of gossip or chatter, right, I swear they have nothing else to do.

>>How many people live in Trinidad?

>>I want to say it is 1.6 million.

>>So that slow Brooklyn. (Laughs)

>>Right. So there was a lot of chat in my family's and a Christian Catholic community about yoga not being good or aligned with Christian or Catholic community and, of course, I knew it was BS and never listen to it anyway and wasn't bothered but I think it's a real shame because what happened for me is I could feel the power of my yoga practice and I could feel the power of my breath in my yoga practice and I could feel so much that it connected me to God in such a real way.

But yet here was people saying yoga wasn't aligned with this "spiritual practice." I think what broke or gave me the
ability to dissolve any boundaries around religion was to learn that spirit comes from Latin spiritus which means to breathe. My very first teacher training I remember being told never to talk about God in class.

That didn’t feel right so now I talk about God and about every single class.

>>(Laughs)

>>But I invite an understanding so that way we are Islamic, people come into class sometimes in full carbs and full hijab and in the community and is always beautiful, very beautiful but I see in time there are those that have a preconceived notion of what yoga is and is going to take time and work to begin to dissolve that.

And I think that may exist anywhere in the world.

>>Yeah, indeed. Will you give a set definition of spirit? I don't think you fully said it.

>>The word spirit comes from the Latin spiritus and means to breathe so what I connected to was no wonder I laid then and deepen my relationship to breath. I felt closer to God because in essence and if we are ever to connect to a God collectively that breath is pretty obvious is the one thing that connects all of us at.

And I do believe no matter what someone comes to the practice room for if you allow them to be still and deepen their relationship to their breath rather than doing yoga aerobics there is an intelligence and deep breath whether they realize it or not and I think that is what breaks the boundary.

Once you can get them in the room.

>>Right, right there I love that visual of having someone in the full hijab practicing in classroom and I haven't experienced that yet.

>>Hours is heated so I'm like slick, heat. How is that even possible. She was in her late 60s, 70s and she would show up every single day.

>>(Laughs)

>>(Laughs)

>>It was really beautiful.

>>Thank you. There's a question from Avi. He wants to probably have you as it is to put in the back of your little bonus where you first began to learn the practice of yoga? And what was your first impression? Yes ma'am we would just love to hear from you and the answer is so multicultural so I feel you got so many cars you could potentially share with us but please let us know what the cultural impact of yoga is like.

Race, religion, status, economics.

>>Yes, all is far as I have insight to it so as a yoga teacher living in Amsterdam I don't have much to do but I teach at studios so that is my experience with Amsterdam and with global retreats is how it started out with retreats but also transformed to a lot of intensive at Amsterdam but unique locations like churches.

And now with COVID then moves to all online so there's all these different little ways of tapping in, but the community with global flow is literally global. One because we travel around but also because people tend to come from all over. Literally all over for the events in Amsterdam and also partly because Amsterdam has been of an appeal, and the locations have an appeal, so from that perspective I get to see a little bit different size, different cultures.

In Amsterdam the studios, Amsterdam is very multicultural and I think for most of you very few maybe have Dutch and English because there's always somebody in the class that wants to be Dutch. So at that sense I think that's already quite welcoming to people who may not understand the language so in Madison's welcome tourists or people that just moved here.

As a classroom very multicultural? Yes, I do get people with color in class but is not the majority, also not a representation of what lives in Amsterdam so that Amsterdam community is predominantly white, predominantly female also but I do get guys in my class.

It's hard for me to say do they feel welcome, does anybody type feel welcome. I do get larger men or women coming
to my class, but it's hard for me to say if that is the norm for them to feel welcome to. I do know what I heard from students is they feel more welcomed and comfortable that certain studios rather than other studios so they can also be something that is in the image or representation of the studio that makes people feel like I will fit in there OR bold there

So when is very glossy and they think all the girls are going to have supertight bodies and common yoga pants some may feel they won't fit in or don't even want to fit in and that's the other thing they don't want to.

So is partially, yes the yoga community is not that accessible for everybody yet, and I think some studios are more successful to people and feel more inclusive than others do in my yoga teacher as well, and as a teacher, also what can I do to make my class more inclusive or have people come to the class because those who show up they show up and what can I do, because you're also part of the system, are part of the studio and that studio is part of a culture within Amsterdam, and where popular culture in the Netherlands and is by something that is even bigger than you are. I think there are a few things that have changed in the business as far as pricing goes that makes it more accessible to a larger group of people. Things like certain sports passes that you get a membership to all kinds of gyms and studios. Prices to yoga classes have went down in the past decade.

So from the time I started, like I started teaching I want to say 16 years ago but then I started my business with the events 10 years ago. Back then when I started my business yoga retreats were rare. It was like a special thing. They were quite expensive. It was only a teacher that had a good following, senior teachers with very dedicated students that was the only reason to go on a retreat. You are dedicated and you would go really hard for your practice.

I saw that change over the past 10 years to it becoming a relaxing holiday or wellness holiday and yoga is a part of that for yoga teachers who just started out and I guess it is part of their offer from the get go. That is definitely a huge change in that market. Also making the prices go down a lot of retreats, not all. Of course, there are multiple thousand dollar retreats out there or trainings. But overall there is a big offer of very low-priced retreats that makes it more accessible to people. It also creates a different audience. That is a vastly different market. But if I look at my events and trips that we take with retreats I can see there is a certain income graphic. It is predominantly white. It is predominantly female will join the events. This is what you and I have talked about a lot Ava as well is that I try to look for other ways to maintain the depth in that offer. Instead of it being another luxurious journey that certain people can't afford going to a country were often times those people could never afford that. I know people that can afford it will always continue to travel.

So what can we then maybe insert in the offer that creates a shift from the inside out or creates that there is a benefit to the place or the people that we actually visit. That has been definitely for the past at least two years been the main focus for when we did retreats that it would have an extra component to it. Whether it is going to mayorca and learning about the plastic problem that is going there not just learning about what their problem is but how we are part of that problem and how you can go home and do something about that so the trip creates a ripple effect and has a long lasting effect in benefits especially the place that we went to to really move away from thinking it is their problem we might donate money or something even though it is our problem they just get to deal with it. So we have to become a part of that solution. Same thing we did in Peru where we did a sustainable trip and stay with local people and learned about the rain forest and how to preserve it. And see especially how our lifestyle contributes to the deforestation there instead of, again, seeing it as those poor people have a big problem with the reports. No, we have a problem with the rain forest and we are part of the problem so therefore we can be part of the solution. That is the good side of it.

I have goosebumps on my arm because you brought up so many wonderful things into really hugely important conversations. I love hearing your awareness about otherness in the classroom and how perhaps why aren't there more people of color. Why are there more people of different body shapes and sizes in the classroom? And really looking at what you can do about it. I think with what is going on with Black Lives Matter and how it's shown a light on what's happening in North America and the European Community is a younger yoga market. Generally yoga is near there so if there is this tremendous opportunity to take a look as how did America have it wrong for so long and we are making progress and I'm so proud of it but really looking at it now in the lands of Europe going OK great what can we learn from what is happening in North America and what can I start to do about it now before it kind of gets, gets to where it has been here in the states.

I think it is so great to hear that you are asking these questions and engaging. I think not only being aware of exclusivity in an environment but also what you said about not knowing if they feel welcome. I think that is huge. We don't always engage each other so we do not know. We don't know how it feels. This is a conversation that has been happening lately because of Black Lives Matter. People are asking this question out and they never asked it before like how does it feel to be here? Do you feel welcome here? Do you feel supported here? Even times in certain
situations someone has been perfectly well-meaning but been harmful to someone because they have not engage them.

So it is like this tremendous opportunity that you see it and you are wondering like why is it predominantly female and white isn't it as diverse as Amsterdam. Like a perfect little microcosm in the classroom, you know, we walked down the street in Amsterdam you're going to hear every language in the world. You're going to see every kind of person but why aren't they in the classroom. Once someone brave makes it in, you know, are they welcome? Do they come back? That whole cycle of communication I think is so, so important.

Before we talk about the impact to the global retreat is there any resistance to Dutch speakers that there are very few Dutch yoga classes? I am curious about that.

>> I have had that a little bit in my earlier days of teaching. Like I would teach sometimes at a gym and then and all ladies gym sometimes. Was inclusive in the sense there was a lot of Muslim ladies joining my classes there. Was also those locations that were like come on we are in Holland, you know. A non-Dutch speaking person would really have no clue what I was saying. And Dutch people, especially in Amsterdam, they speak English. So it would still be kind of like a no discussion or sometimes I would make a concession and it would teach in both languages which is not really a lot of fun for me. I think Amsterdam will help on its own because if you look at the rest of the Netherlands it will be like that. People are teaching in Dutch. It is less common for English-speaking people to be in class.

I assume but I will not know this from recent experience myself but I know it from early years of teaching that I would teach in other places, other cities and it would be all white. Amsterdam is a hub on its own. So I do get different nationalities whether it is white people but from another European country or whether it is black or Asian people. We do get a mix in the class. I am just not confident to say that is a reflection of our society.

I also truly do not know how welcoming it is for people. I know I feel like I am welcoming but I do not know how the person on the other side experiences that. And the studio, the studio I teach at now is very much about environment, awareness, inclusivity. They actually have a solid point about this and they are very environment oriented. I don't think they represent necessarily the entire community in Amsterdam. Like I said we have a lot of studios in Amsterdam especially for the number of people that are here are tiny and they have very different little cultures. There are little ones that feel very welcoming and there are other ones that feel less welcoming probably to certain groups of people. I also think people pick and choose the one that might work for them.

They are not all in one category.

>> I was going to make a comment and then Stephanie also said it had the same thought when the be interesting to ask them how they feel. I agree 100%. While we are all becoming more aware of each other, you know that engaging process is so important and so powerful. I have been engaging people that I know really well and asking each other a deeper layer of a question and listening differently over the past couple of months and it has been really incredible. Then there was also Suze I think you touched on this a little bit. There was a question about how is the integration with the Muslim community in Holland? There are many female Muslim yoga practitioners? You did touch on that a little bit.

>> It is a mix. There are definitely Muslims who feel it would be in conflict with the religion. And would prefer not to practice and there are a lot of religious practicing women who prefer to go to female gyms and do not like to go to class where men could be present or like to be covered up. But they have options at female gyms that they go do so when I would teach their there was always quite a large number of Muslim ladies in there. And I know there will be women in my class were Muslim but not necessarily veiled so would not be able to tell. But I know there are women practicing that are Muslim and integrate in that way. So there are different ways. There is definitely a category that is not interested. It is a mixture.

>> And then the second big chunk that you shared which I think is may be something we almost never talk about is a global community and that is our impact on the world. You know and Claudia and Troy you can start to weave it all together here. I don't think we often think of ourselves as problem makers, we think of ourselves as problem solvers. We are conscious. I am just maybe even making words that I use myself. You're on a path, you are trying. You understand. You believe in oneness. And all of these things we sort of get, you know, as we become practitioners and teachers and I think it's very rare that we talk about maybe the negative impact that we are having. The problems we are causing. I can think of just one example. Even as we are moving into the business side of the conversation even just the literal travel, the environmental impact of all the travel, right? It's a huge piece of our business. We are all grounded right now but I would probably be flying somewhere to see student somewhere, be flying to see Claudia and Troy. We would be all over the place. Gas, consumption. To get to this classroom to be so conscious. That is just
an example that we rarely talk about. That is an incredibly important factor and how we conduct our business of yoga and there are many, many examples of that impact.

We are maybe as a community we are causing harm. And I think Suze you said it nicely it's not their problem, it's our problem. You can cause a greater problem and work on solving it. I'm not saying we need to not create anything, make any problems but acknowledging them I guess and trying to do something about making it better.

>>Yes and maybe acknowledge a lot of times the consequences of our actions are not felt on the other side of the planet. And that is something that makes it harder for us to be aware of it so a lot of our classic consumption is an effective at.

At least here in the Netherlands. Is not right in our face is in the countries where we ship our blessed to or countries that have a part of the ocean that brings it all to their shore but it is not there is. It's all of ours and, of course, for all of us is harder to be aware of something that isn't happening right in front of me or confronting me as I live my normal day to day life, but there are people living every single day with the consequences of our choices.

So the yoga community should be the community that gets uncomfortable first and says I think I have two maybe give up something, change something, look for an alternative so I'm not so much part of the problem anymore. Maybe I can be part of the solution so that is also the approach to the events your. They are plastic free and we offer them a little goodie bags with sustainable products so we show them we don't just take things away that there is an alternative fo

for most of the things already that is completely natural, this supporting a small, local businesses, is donating certain amounts and clean up some of our best.

So instead of just giving that feeling oh my God, everything I enjoy I have to give it up to be a yogi maybe not. Maybe you can just do smarter choices and support the initiatives that allow you to do that and things that offer ease and comfort that create a huge problem for all of us in the end.

>>Yes, and that is a fine point and announcing don't go on a retreat or don't like to go to yoga school or anything like that, but how to make smarter choices and is definitely part of it. And because we have this grounding, literal cause that we've all been forced to take when we didn't think three months ago – four months ago now he didn't think things would be different. We didn't really think things could change and then things really change…they really changed which means they can stay different and so as were also coming out of lockdown and I want to hear from you guys how you handed the COVID pandemic and handled your businesses, we have this opportunity coming out of this complete reset to not do things differently – or excuse me to not do things the same and to make smarter choices and to make different choices and to look at what we are observing whether it is the fact that there is not a reflection of Amsterdam in the classroom or whether it is why are we consuming so much or why do we go on a retreat in a country and never see a local…and on and on and on we all make our points I guess and I don't think we can all fight every battle, but we can all do something.

We can all do something better. So I just love that I'm excited about the opportunity and I'm right at that purpose of going back and reemerging on doing things differently. I just have to.

>>I would love to jump into that and to add as practitioners we are very much aware of the (unknown term) and is not only regarding the environmental problems but also in a very delicate and subtle way of how we think of others, how we think of ourselves.

So in this reset mode I've been trying to tell my students to really believe that a good thought can change and transform, not only what to do physically, would you do tangibly or evidently in short clips of time that may be gathering together...there was one student I saw online and she was crushed and I said we can just sit together and believe the illusion of distance is gone as well and we can just sit together and feel each other and the energetic fi

I think it's also an invitation for the global community and we do believe in the power of prayer in any way one believes in spirit, God or all the gods and goddesses we will hold as different cultures, they all hold and sustain into power and so maybe gathering with each other, the next time we can gather with each other could be also to hold I don't know half an hour, one hour, to not only practice for ourselves but maybe just pray or chanting or sending love and wild transformative vibration.

You know just again being very aware of that.

>>Absolutely. Absolutely. Just offer the potential, you know, the potential is also. Oh my gosh, coronavirus. So I knew all three of our panelists have presented before COVID and I guess I probably been aware of it during COVID and
now COVID because I don't think many of us or post COVID yet and does anyone want to jump in with greatest business learning from COVID?

Was another prompt I have your. How is your business of yoga survived? What was it like before? Greatest personal learning or business learning during lockdown that you guys think might be particular to your community or your business there folks out there in the larger yoga seem would be interesting to hear?

>>Yet, do I have the mic?

>>You have the mic.

>>Alright. Before I jump into that I just want to share quick I feel like I was prepped for COVID’s more because a few months and the yoga studio businesswise has been much trouble and I think any studio can acknowledge that and likes in September or June last year it’s been really difficult because our landlord made a few decisions that really crippled our attendance by parking and accessibility.

I just remember it was last October or September and I walked into the room that normally had 50 people in it on a Wednesday afternoon. And they had 14. And I knew that people would not come into the studio because of this issue.

We had been going through it for three months and our attendance dropped by over half and I had a moment and it was all in my head. I was like oh my gosh what if I never teach yoga again and blah blah blah and the stock -- bust to run. I'm bringing this up.

In that moment of continuing that class it dawned on me I'm not a yoga teacher. It just so happens to be what I do at this point in my life and as yoga teachers, believe in resolving identity. Resolving ego but yet in contrast we become so attached to that identity and it was so powerful for me to acknowledge that I’m not a yoga teacher.

I use the platform of yoga to share God, to share spirit and if I don’t teach you any more I will find another way to connect people to God in the spirit. And I think that the experience of Covid-19 for the world is rocking our identity and it’s rocking our attention to who we thought we were and what we thought our lives used to be like.

And I bring this up because what I see in the world of yoga is cleaning identity and of all people, yoga practitioners should reflect and be versatile. We should be able to transform and be like water. And we should be above and beyond any labors of identity that we attach to, so that for me was a lesson late last year and I feel that it made this challenge of Covid-19 so much easier to do everything I could but at the same time surrender to what it has to be.

And I think that’s really important for us as yoga community and yoga teachers to remember.

>>Definitely. I mean is the identity piece…we supported businesses during the peak of the crisis and we had to hold space for I use air quotes because I think this is all relative positive and negative outcomes. What if the studio) what if I can teach yoga anymore and people dealt with it differently.

It was harder for certain people than it was for others to be ready to make a transformational step or to be ready as a great teacher that I studied with because you know, in your instance, with the class numbers and attendance drastically dropping you are observing something so maybe you’re forced to make a decision, maybe you’re forced to say I may not be able to hold onto the studio because of closures, because of limitations of class sizes, because of social distancing.

Other people can make choices to shape shift based on opportunity from this awareness they have of being pulled off of your regular grind and having to reset saying what do I want, do I want to be. How do I want to show up and how do I want to serve but it is very hard and is the real thing because I think it's not easy to not identify.

I will say that. I know for me personally I have found more freedom recently about labels whatever labels made – that might they be. With my careers, who I'm dating but I think it's hard to do it. But it has definitely been required because of things we understood to be sure and we know we are on quicksand, are not quicksand, but on the beach with the sand moving but we want to hold onto things.

It's a real thing and a real thing for businesses to consider letting go they've been. I think you're going to be the only person that I'm going to talk to that say I was prepped for COVID. (Laughs) ladies, would you like to share? We’ve got about two minutes and I think we will go until 10 after and I know we should not be running late but I do want to hear
community, as a theatre community as a global planet. As a global community. I think there are many layers of
heart, wide mind open still to see how we can together co
when it happens and we are ready. I feel invited, not only myself but my family and small community to keep the wide
that human tool for something very selective, very precise and also open
great quality like this moment. We have this moment together and is wonderful. It is also keeping that tool, keeping
>> I am still there in the transformitic fire as you wo
>> I like to call it co-competition. Claudia, any thoughts on COVID?

>> Yeah, I can share. Businesswise, I mean I like which Troy was saying about how we get identified with being a
yoga teacher and I had a talk with another yoga teacher and I think for me I've always been more of a hybrid of
things, I've always pulled in other things into the yoga space as well. As my background is with psychology and I work
with trauma healing and for me this whole time with COVID has showed that is what is needed for a more and more
people and I can also make it more accessible so yoga gets different phases for different people, not just it's about
what seems to be in the mainstream you have to be flexible to do yoga was about the physical part of the practice
was very spiritual.

It can be all of that and it could also be very scientific too. As I saw in the questions and I can say in the yoga therapy
committee -- community I get more Muslim women coming in and being trained is yoga therapists and I teach certain
modules in expertise and all teachers are scientifically based. And there can be a scientific explanation for it at the
same time. I think that for me is how I had been working but with the Corona and COVID spreading around the world
more people than ever need practices that help them with life. It has been dealing with anxiety and stress, dealing
with the mental effects of it or the physical effects of it.

I think the yoga practice is a wonderful tool and it is one of the wonderful tools. We can just add on to that and create
offers that speak to a wide range of people whether it is spiritual or not spiritual. And apparently that is the other thing
what did I learn? A lot more can happen online that I ever thought. You can do everything online apparently. I had to
got over a little hurdle. I was really much more about I just wanted to be face-to-face with people. I have to feel
people in the room or when I teach I go on what I see happening in the bodies and that is what I teach. That is what I
base my teachings upon. That is still true. And you can still offer value online as well when that is needed. It makes it
also accessible for a lot of people that otherwise it would not have been accessible for.

So the online offer I think open doors for many people that I think otherwise would not have set foot in a yoga studio
or booked a private session with the therapist, a healer or yoga therapists. That is kind of what it is for me. That is
what it is about me.

>> Is a mini background there's a way that Global Flow. One of the collaborations Suze and I have is looking
teachers to go to her locations around the world to do events. So when COVID started happening we had an entire
calendar year of events and roster of teachers that were booked and I mean in every event had tickets sold and
flights booked and deposits made on venues all of these layers
of the physical event planning and then get in the
marketing process of all of that the completely had to be reimagine, you know, didn't know how exactly to do it. It is
still on the stove how best to do it as we are learning.

But it was a real like OK here we go. From a business that had been built, you know, and been a certain way for a
decade.

>> Yes and that goes for a lot of yoga retreat companies. One of the collaboration you mentioned in the introduction
with global soul is from super soul together with Global Flow is exactly that. We had all these wonderful teachers
booked in these amazing things planned and now we are here, what are we going to do? How can you still serve the
community, support the teachers and support what is going on around the world and that was really just a few weeks
ago and black life -- Black Lives Matter it was very much alive. We set up that event for international yoga day and we
joined forces. Because you are online you can create a movement in no time even if it's a small one. A bunch of
wonderful teachers came together and offered to teach for free so we could gather the money for the foundation.

It is things like that that are opportunities that come out of COVID and create collaborations and that is I think
something, at least for me, to continue to focus on that we are not in competition. Yes I do yoga events and yoga
retreats and sodas super soul yoga but we can join forces and it becomes so much better and it does not take away
from each other. Is a yoga community that is something to baby remember and that COVID reminded us of that we
can help each other survive through this whole timeframe.

>> I like to call it co-competition. Claudia, any thoughts on COVID?

>> I am still there in the transformitic fire as you would say. I think obviously online events, online teaching can be a
great quality like this moment. We have this moment together and is wonderful. It is also keeping that tool, keeping
that human tool for something very selective, very precise and also opening the spaces for life, for a live connection
when it happens and we are ready. I feel invited, not only myself but my family and small community to keep the wide
heart, wide mind open still to see how we can together co-create the next step, the next moment is a yoga
community, as a theatre community as a global planet. As a global community. I think there are many layers of
healing still going on and that we still have to address Black Lives Matter, Indigenous, many things have happened on the side of the world in my country where people that have dedicated their lives to medicine, traditional medicine ancestral medicine have been attacked and all these things that are coming up that have been there forever that are finally coming up for us to see and I think they still need time, human time for healing so we can prepare for the next moment where we embrace all the healing that is going to be shedding what needs to be shed as individuals and as a collective. COVID definitely has impacted, I agree with all of you, it has a two side master. For one side it has been tough because we are thinking about the studio not anymore as a studio but more we are thinking forward when it opens up like a shelter for many other practices to happen inside. For gatherings, for families that don't have space. We are still thinking of it, I cannot say we are on it still but we are on the reflection on the reign of ideas.

And financially well I agree that so many people have just talked to me saying I need a guide. I need a meditation guide. I need to talk about the spirit that I am so happy too that people are opening up to finally look inside and that we are having all this as a community also, all this opportunity to serve, to serve better.

>> Absolutely. I mean you – that's – the layers of healing, you know, because we are still in crisis mode right now. It feels a little bit – and it depends on where you are. For us here in New York we got our you know what's kicked in April. We were like mobile morgues and pop-up hospitals. We went through our peak and it was really bad. Now that is happening in other parts of the world. Many of us are still and even if you just think about it the way the virus goes it has a plateau to an decline. Even when it's over we still have this lasting trauma of what we have all either lost, identity wise, businesswise, what we experienced, you know, just being able to have time to process properly. Because I definitely think there is a desire to just get it over with, you know, just to have it be over. But even when it's over there is still going to be this stuff that we have to work on and work through that's really real and really there. I understood it more and more recently because it is something that I never really articulated some of these things that would happen. I never thought about grief, grief for your business be lost. I never thought about it that way but I have started to see it that way as I have been working through these past couple months. That is a trauma that holds its own weight, you know. I don't know if anyone wants to make a final share on that with that lasting sort of tail and that is very real that we will all have to work through because we all experience it whether we are able to acknowledge it or not. We have all been through a traumatic experience together. And then we will wrap up. Does anyone want to say anything on that no.

>> The idea of the threshold that I think we are passing through a threshold as a humanity has a big family and that we can, we can go through the threshold and be very aware of our whole. We need to be really present in the now moment, in the now moment. Even if the now moment requires us to dissolve our identity like Troy mentions or our business are moving to another place that is more sustainable. We can keep that, I hope and pray we keep that always and not go back to normal as you say. The new normality as they call it in Mexico I think it is not the right word. I would call it the crossing of the threshold to a much more aware family, global family. Frontiers and identities that justifies us in.

>> Well said. Troy, any final words?

>> People are talking about this new world. I don't want a new world. I don't want any world that resembles our old world. And it is time we really wake up to how we are going to create that and I want to build on what Suze said earlier. I remember hearing a quote from the girl that climbed up in the redwood trees in California, help me out somebody.

>> Muir, last name.

>> I forgot. I will remember and put in the comment box.

>> Butterfly.

>> Yes, butterfly. She said a question is not whether we change the world or not because we do in every single thing we do. We change the world. She says that we now need to ask a question not if I change the world, but how do I change the world. In essence the living of yoga is the making of the unconscious conscious. So like what Suze said it is about taking accountability not just for how we physically affect the world but how do we energetically affect people around us. How do we energetically contribute to our relationships because the world is made up of billions of relationships. If we could heal one of those that at a time we would heal the world. I think it's about becoming really accountable and mindful for how we live our lives in what the impact of our actions and choices are. Not just physically and in an environmental sense but also energetically and emotionally. How do we influence the world around us. And I think if we become really conscious about that and start to take a practice off of that and have the courage to be accountable we are going to see a different world. It might take a generation or two but it will come.
>> Love it. Have the courage to be accountable. Suze, any last thoughts? Let's see that sign, that's really cool. Anything in closing Suze?

>> It isn't going to go back to whatever was "normal." It never does and we don't know how long were going to be on this ride so I think all the learnings we have from this time are all the "temporary" solutions we should put in place and maybe come up with some different structures.

I know my business is going to have a different structure and maybe how I approach things and the first moment of pausing and stopping in Amsterdam and we thought things would get back on track by now but when it first stopped I felt this sense of almost a relief that the decision was made for me because apparently a part of me wanted to slow down for a very long time but I couldn't because I felt I was on this train that was going and nobody else seemed to get off so why would I get up, right, so I felt I should keep going because everybody is keeping up and it turns out most people were thinking the same thing I was staying -- thinking so here we are all on this fast train going nowhere.

And I have a very b tendency to hop back onto the train that is wired but I know now this is of relief I had when the decision was made collectively for me that were all stopping. It's like oh, thank God. Were all just stopping you know and it felt to save because we all were doing that and the world can come to an end because we are all in this together so that is a good reminder.

I think that's what a lot of people were saying apparently we could all stop flying for a while. Just not when we said we needed to do it for the environment, but we can do this. A lot more is possible and were not his stock as we sometimes think we are and we have to do a whole lot less than we think we do and I'm definitely speaking to myself dear. -- Here.

>> That's new for you to be saying what you are saying.

>> I was saying inequality to myself but I wasn't really listening. It should be a game changer and a life changer for the better. You can still go out and manifest all your dreams and be ambitious but maybe not at the expense of so much.

>> Yeah, I think that's a perfect perfect clothes and I'm grateful for this time. I'm getting a lot of nice comments and is spent a refreshing conversation and inspiring and I think you find you here from you guys in really different parts of the world so thank you for being here and sharing openly.

Thanks for the Alliance for letting us have this time and we spoken to the folks in Peru, Istanbul, in Africa, we spoken to folks oh my gosh…’I’m forgetting a couple of countries right now. Spain, Italy. Canada, Montréal. Is just exciting to hear because I think we are on this what we will call the new normal anymore and apparently we don't want to call it the New World, we wanted to be a new world, so right on.

>> Thank you guys so much and we better hang up before somebody starts talking again. (Laughs) we could be here all afternoon. Thank you guys so much. Thank you.

>> Love you.

>> Be well. You meet again.

>> Till we meet again. Thank you.