An author and Indian yoga practitioner in the Hatha yoga tradition, Susanna Barkataki is the founder of Ignite Yoga and Wellness Institute and runs Ignite Be Well 200/500 Yoga Training programs.

She is an E-RYT 500, Certified Yoga Therapist with the International Association of Yoga Therapists (C-IAYT). With an Honors degree in Philosophy from UC Berkeley and a Masters in Education from Cambridge College, Barkataki is a diversity, accessibility, inclusivity, and equity (DAIE) yoga unity educator who created the ground-breaking Honor (Don’t Appropriately) Yoga Summit.

She is honored to teach in the Sri Adi Shankaracharya lineage and is ordained into the mindfulness tradition of Thich Nhat Hanh.

Susanna delivers keynotes, trainings, online courses, consultations for studios, nonprofits and, schools and companies.
Founder
Ignite Yoga and Wellness Institute

Over 200 trained teachers
500 Online graduates
Train and Teach

Speak | Teach | Train in your 200/300 Hour Trainings or Your Company

3 Modules

LEARN
Mindfulness & Yoga Philosophy in daily life (Yamas and Niyamas applied and embodied)

EVAOLVE
Diversity, Equity, Inclusion & From Cultural Appropriation to Cultural Appreciation

EMBODY
Spiritual Lineage Acknowledgement and Embrace Yoga's Roots
Tools, Resources and a Framework

Embrace Yoga's Roots helps you deepen your practice to become an empowered practitioner for you, your students, your organization or community.

(Ignite | Release date 2020)
Testimonials

**Elena Brower**
Bestselling Author of Practice You and Art of Attention

“Susanna Barkataki’s words are vital medicine for yoga today.”

**Dianne Bondy**
Founder, Yoga for All

“Susanna chooses empathy and connection over divisiveness and separation in her work. Required reading.”

**Kino MacGregor**
OmStars

“I absolutely recommend this book to all sincere yoga students and teachers as a necessary step on the path of awakening.”
Susanna creates, curates, produces and hosts her own Web series called www.honordontappropriateyoga.com

Over 12,000 participants | 2 Seasons | 50 Guests interviewed
800 notes of appreciation
MEDIA COLLABORATORS
VIDEO CLASSES

Yoga Girl Guide

NEW YOGA CLASS

MADe WITH LOVE BY
Susanna Baskalaki

Ignite Institute

Yoga Festival

yoga journal

Take This 30-Minute Yoga Class the Next Time You're Feeling Tension

Susanna Baskalaki • 11:43
Are you experiencing tension in your relationships, at work, or in your family? This 30-minute yoga practice designed by Susanna Baskalaki will help you hold the tension at bay and instead face your conflicts with grace and calm.

Embrace Yoga's Roots Online Course

Practice, Teach & Embrace Yoga's Roots

Reflections from Hawaii Yoga Festival 2017
Media Placements

HONORING THE ROOTS OF YOGA

Yoga Alliance
Yoga International

YogaGirl

Los Angeles Times
Podcast Placements
Featuring Susanna Barkataki
Susanna Barkataki
Speaker Topics & Questions

**Speaker Topics**

- Intersectionality
- How to Teach Online Effectively, Equitably and Strategically
- Diversity, Accessibility and Inclusion
- Cultural Appropriation/Cultural Appreciation
- Trauma Informed Yoga
- Mindfulness for Stress and Anxiety
- Honoring Yoga’s Roots for our Time

**Questions**

- What experiences bring you to this work?
- What is cultural appropriation and cultural appreciation?
- What is intersectionality and how can we practice and live it?
- What are the biggest blocks to equity and how do we solve them?
- Can you share a ritual or practice that helps keep you balanced in times of stress or conflict?
- What kind of world do you want to see us create and what can we do to get us moving towards that ideal, right now?
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