



Susanna Barkataki

MEDIA KIT

ABOUT

Yoga Culture Advocate Speak | Teach | Train

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 Appropriate} 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.

SOCIAL



31K+ Followers



4000+ Followers



20K+ Followers



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)

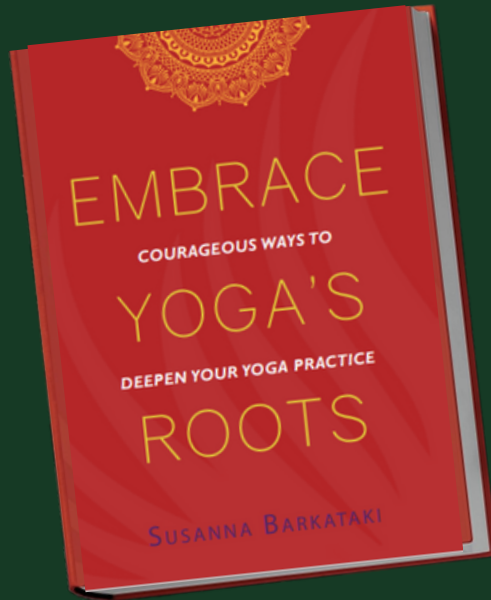
EVOLVE

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

EMBODY

Spiritual Lineage
Acknowledgement
and Embrace
Yoga's Roots

Author



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

www.honordontappropriateyoga.com



**MEDIA
COLLABORATORS**

HUFFPOST

yoga journal

Yoga
Girl®



OMSTARS



Accessible
Yoga

yoga
ALLIANCE

VIDEO CLASSES

Yoga Girl Guide



yoga journal



Ignite Institute



Yoga Festival

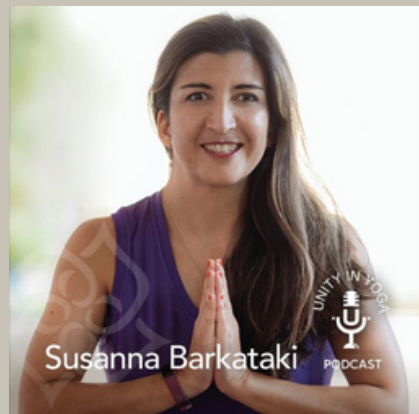
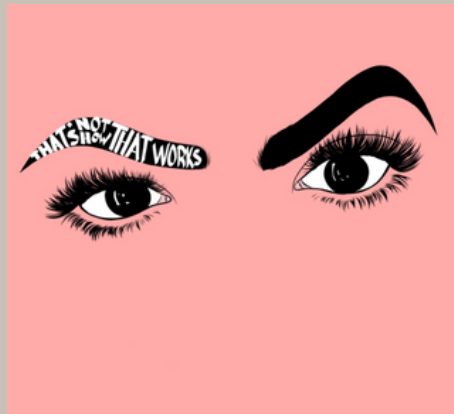


Media Placements



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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Media Images



CONTACT

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