

Podcast Intro: When you charge that power [inaudible 00:00:03] either empower us or [inaudible 00:00:05]us. Looking at our language and the way that we teach is a really good way to bring in accessibility and lets students feel empowered to make a choice about their classes. Rather than like oh, I feel like a looser because I can't make the shape the teachers saying to me. We can get them different places to opt in or to work and that can really make a difference to people.

Amber K: Hi, everybody welcome to the Yoga For All podcast. I'm Amber Karnes and I'm here with Dianne Bondy and good to see you guys. We are today going to talk about what does it mean to be accessible? I think accessible and accessible yoga is a buzz word in our industry right now, but I have seen many things from many people. So I want to talk about all the ways that it means to be an accessible yoga teacher or what an accessible yoga class or studio really is. And Dianne and I both have a lot to say on this subject so we're just going to jump right in. I think that usually when people say accessible or accessibility folks have an idea that, that just means that folks in wheelchairs can access it, right? Like that's the reaction that I get a lot of times it's like, oh, accessible yoga, you mean like yoga for, people that use wheelchairs or disabled folks. While that is one aspect of accessibility, it's definitely not the only meaning behind accessibility.

Amber K: So maybe we'll just address that first, that accessibility can mean the physical space right? So can someone who uses a wheelchair or a mobility device, actually get into your studio or your classroom wherever you may be? Other concerns about physical space like, is there seating that will accommodate everyone right? Like if you have folks in larger bodies, do you have chairs that don't have arms? Do you have sturdy seating that's going to work in your studio or your space or your classroom. Physical space is definitely one aspect of it. But there are a lot of other ways that accessibility shows up. Maybe the next thing we can talk about Dianne is financial accessibility. Because I think it's important.

Dianne B: That's huge. And when I owned my studio hundred years ago, feels like 100 years ago, I remember looking at all the pricing of yoga offered in my community and deciding where I wanted to fit in that model. I find it's a tricky thing to do, because as a studio owner, yeah, you need to charge a certain amount of money so you can keep the doors open. But what does that mean for people who it might be the difference between, coming to class and paying for something they really need or being uncomfortable going into a certain neighborhood often where yoga studios are. So let's just be honest, yoga studios are usually placed in affluent areas that might not be close to places that are in lower income areas and that becomes an issue that, do I want to sit on two or three buses to get out to this yoga studio. So that's another issue for accessibility.

Dianne B: For me, I tried to put it out there that anybody could come to the studio and I would work with anybody. I also put my studio in a lower income neighborhood, I put it on a bus line. I remember I had another studio and her and I were

friends, come up to me and say, if you would just move your studio three kilometers up the street, you would have a whole different set of clientele. You could actually have people who can pay you and I just was like, once again, that's not my ministry. There's already yoga studio up there taking it all the rich people's money, and that's great, but what about the rest of us?

Dianne B: So financial accessibility is a tough one. And what I often would do is, for me, personally, as a teacher, I would teach a lot of private classes so that I could teach a lot of public free classes. And I always offered a class on the studio that was donation in a prime time space, on the schedule. So it might not be prime time every night, but there was one free class in the studio, that was in primetime or a donation class at the very least. And then when it was a donation class, donate whatever you wanted. So for me in the studio space it was, you can donate your time, we often did donations for homeless and the women's shelter and all that kind of stuff. So you could donate anything that you had that you wanted to donate, you could be the person to take this stuff to the donation site. So I've really made, try to find out a number of ways in which if the yoga wasn't financially accessible, that you could somehow feel like you were contributing in a way.

Dianne B: I also found that making it accessible or the pricing accessible. Sometimes people who didn't need accessible pricing would take advantage of that. And I found that, that was disheartening because I still did get the affluent people come out and not want to pay me. And I found that was difficult because the money that I was making was also being able to find me doing free yoga classes in the park, which I do often in the summer. Or donation based class in the park or just putting a free class on the schedule. The other thing that you got to watch, if you're going to offer a free donation class on the schedule. You want to talk to your teachers who have experience and ask them to teach that class as opposed to asking somebody who's fresh out of yoga school, who may not have the skills yet to teach to a diverse audience. So you want to have somebody in there that, people would pay money to come see, so that we're not minimizing that free classes, something that's less than a regular everyday class that you would pay money for. So it still has to be on par with all those things.

Dianne B: So, I found that was one of the biggest barriers to people coming to yoga and my way of dealing with their might, with dealing with it, was also offering yoga in unconventional spaces. Also going to places and offering for yoga and a lot of my privates for me paid for those classes for me to be able to go and do yoga, free in other places.

Amber K: Yeah, I think those are some really brilliant ideas. I have a few others that I want to mention. And first just to address what you just said is basically, you charge more for certain services, so that you could have the first of all, you have to sustain yourself. I think, especially for those of us that are, teaching yoga full time, whether we're teaching weekly classes, or we have a hybrid of things that

we do. Or, like us, we have a lot of different streams of revenue and things that some of those are going to be more and some of them are going to be less. And so, basically, the way that I like to think about it is yes, I do charge more for some of my programs, I have a new program that's coming out soon that I'm going to charge, a price that people may react to. But basically, I have places for people to participate on all ends of the spectrum.

Amber K: So for people who can afford to pay more, that want to participate in whatever particular program, that allows me to sustain myself and my business. And provides so much more bandwidth for me to create free work and free content and offer classes at donation based or scholarship, or whatever. And so I think that's a really important mindset to have. I know it's something that I'm definitely working on personally is like my mindset around money. In yoga, especially we shy away from talking about money or feel guilty if we make money, or that there's some virtue and being poor and working in social justice. And I even have my own thoughts around oh, like rich people are assholes. I know poor people that are assholes too.

Amber K: So, there's these assumptions that we have to challenge and one of the assumptions that I'm working on, in my own business is that, the more that I'm successful in my business, the more I'm able to impact and have the reach that I want to have, for people who can't afford to go on a retreat with me or take the teacher training or whatever. And so I think that's just a really important thing to point out, and I'm glad you brought it up.

Dianne B: You know what also I think about along with this, is a yoga teacher had once said to me, if you do not have money, you can only give of your time, right. And when you run out of time, you have nothing. So at least if you're sustaining yourself and you're able to make money in teaching yoga, if you can't be available to be in some projects, you can donate money to that project. And that is also sustainable for that project. And I think there's this idea that there's some kind of nobility in poverty. And we all know that impoverished people often aren't happy, don't have access to healthcare, don't have access to all the things they need.

Dianne B: So we're not doing ourselves any favors by not allowing ourselves to make money at this. And if we could just think about money within this perspective, as an exchange of energy, its prana, it's an exchange of energy for what we're doing. And if we want to be able to keep the lights on and the studio open or be able to continue to teach, we have to be able to sustain ourselves. Which I think is super important and I'd love for us to figure out that there is value in what we're doing. It's not like you bought a \$1500 car and put a new coat of paint on it, and now you're selling it for \$10,000, right? We're giving people the opportunity to get to know themselves and to have a life, hopefully a life altering experience for themselves. And that has value, you have to remember that you have value. And I found that I got burnt out in yoga super quickly, when

I didn't value myself or sustain myself. And then I just became resentful and bitter that I was giving and not being replenished.

Amber K: I want to mention a couple of other financial accessibility ideas, and then maybe we can move on to another aspect of this. But one thing that I've been experimenting with is, with each of my offerings, so I do online things and in person things. And with each of my offerings, making sure that I set aside a couple partial or even one full scholarship that I offer to community members who wouldn't be able to otherwise participate. So most people come in at a full price. But I have a little description in the workshop or the training or whatever it is that says, part of my commitment is to be aware of the gate keeping that happens around yoga industry and yoga teacher training and all of those things. And so part of those commitments for me is holding aside scholarships for folks. And basically folks with marginalized identities moved to the front of the line. So the more let's say, more marginalized, that you are by society, I usually have people apply. And this is what we do with our training too.

Amber K: Dianne is that, folks can apply and tell us about the type of work that they want to do and how they plan to use the training or whatever, and talk a little bit about their financial situation. And then we can make a judgment as teachers of what level they could come in at. And that's worked really well for me. I also have seen a lot of folks do it this way where there's three tiers that you can come in at. So for a workshop or a training or something like that, a conference, there's a sustainer rate, which is like what it really costs right to buy a ticket. Then below that is a subsidized rate, that's going to be maybe half price or something like that. And then above, at the top tier is the sponsor rate. So if you can afford to pay a little bit more you do, if you need assistance, then that's there too.

Amber K: And so those are a couple of ways that I've found success with that, like free classes and donation based and all that stuff have their place. And the more models that we can have of this, I think the more success that we can find. And so we encourage you to try some of these different techniques that we've talked about, both like, what the weekly class things that Dianne brought up and maybe some of these other techniques that I'm talking about if you have, let's say, higher priced offerings. So, anything you want to add about financial accessibility, Dianne? Or do you want to move on to some other stuff.

Dianne B: Don't be afraid to reach out to the studio owner or the teacher and ask if there's ways that you can contribute or you can give back. We did a lot of work study or stuff at my studio, which was so helpful to have somebody who actually really loved the studio and cared about the studio who could come in and just work the front desk or just do anything to help us out with the studio. So yeah, that's all I'm saying. Don't be afraid to approach a studio because often part of our work as studio owners and yoga teachers is to give back to the community and we're always looking for a volunteer opportunities to give back. So don't be

afraid if you're in a financial place, maybe you're student, whatever the case may be, but you really want to study or you really want to practice there.

Dianne B: You can always check out their website because often the yoga studios will say, hey, we have a work study program, come talk to us. And people are, it's our job to be flexible, so it's helpful if we know that you are in a position to give back in another way other than financial. We're always excited to talk to you because we could always use the help.

Amber K: Definitely. Maybe we should talk about, what is an accessible yoga class? Not capital A accessible yoga like the organization even though, shout out to accessible yoga.

Dianne B: Thank you Jivina.

Amber K: Jivina Heyman is the founder and I love this organization, I lead trainings for them, but what is an accessible yoga class?

Dianne B: Are you using that word as a buzzword? Because I don't know about you Amber, but when I've been going out to what people are calling accessible yoga classes they are often not.

Amber K: You know the conversation in the yoga world is shifting, like think that yoga journalists mostly irrelevant and the thing die off not the people but activity.

Dianne B: It's been bellwether for a while.

Amber K: I think they are like a bellwether for industry as far as when we see a trend appear in yoga journal then that means yoga as an industry and phenomenon in the West is shifting as well. And so the fact that they are increasingly featuring folks like you or like Jessamine Stanley, or I think curvy yoga was in there. That means that oh, and they just had a bunch of different covers, with different people on there.

Dianne B: Really? I don't read them. So I don't pay any attention to them.

Amber K: I see them on social media. So but I just say that to say, it is shifting. And so the effect on that is that I noticed that a lot of studios, that many classes or in their marketing, they're saying like, all levels, all bodies, everyone is welcome, all can come to this class. But then if you go to the class, can the teacher really deliver on that promise? Is the question. What I would like to say first of all, is If that's you, if you're someone who is interested in making your classes accessible, and you really have the heart to make sure that everyone who wants to participate in your class can.

Amber K: If you can't accommodate folks who have disabilities, who are in larger bodies, if you're not really up on your learning with adaptive [inaudible 00:15:09] and things like that. It doesn't do anyone any favors to say, everyone is welcome and then not provide an experience that feels like a successful experience and also a community experience. Right. And we've all probably done this as teachers. So my point is not to make you feel guilty, but just to give an example. When I was a student, early in my yoga career, and I would show up to a class, often it would be like, okay, we're all going to do this now. And you can rest and Child's Pose, or like, if you can't do this, just rest in Child's Pose. That is not a cohesive spot.

Dianne B: That's not an accessible option. It's not.

Amber K: And I think also just the when we think of the experience that the student has, showing up to a class where everyone else gets to do the "real yoga" and then you have to just do nothing basically lay there because the teacher doesn't know what to work with you. It doesn't feel good as a student. And also you never blame the teacher, you always blame yourself, right? So most of the time as a student, they're not going to think, oh, this teacher just didn't learn what she needed to in teacher training, it's not her fault. They're going to think my body's wrong, my body's messed up, I knew yoga wasn't for me, and maybe they'll never come back. And so I think on one hand, it's really important as teachers that we don't stop learning after we graduate from teacher training. The standards that are set for 200 hour teacher training are, definitely not enough information for us to show up and be able to teach every single person that comes into our studio.

Amber K: So that means that as teachers, it's our responsibility if we want to be someone that teaches mixed level classes or group classes or advertises our classes, as all bodies welcome or accessible or whatever, that we need to have those tools in our toolbox to know how to work with people. So that's really why Dianne and I created the yoga for all teacher training because we wanted to create, the module that most teacher trainings are missing. I mean, we definitely encourage you to check that out if you would like an option for online training. In person training, Dianne and I both lead workshops and retreats, accessible yoga leads trainings like there is continuing education out there. That teach you how to do this stuff. And even if you can't afford to take a training, Google it, get online and put your own curriculum together. There are so many resources online like Dianne and I have made so many videos just between the two of us.

Amber K: That if you, let's say you have a student in a bigger body and you notice they're struggling with sun salutations, Google sun salutations for larger bodys. You will find videos that teach you how to modify and personalize that for them.

Dianne B: And another thing is if we could get away from using the term, all levels because there really is no such thing as an all levels class. I was talking about this with a friend of mine who's a yoga teacher yesterday. That we perhaps need to just

categorize certain classes. Not every class is for everybody. And it's really difficult to create that. So perhaps we have a level one class, which is still a good challenge of a class but the poses will be something that are a little more simplistic. I have gone to an all levels class where we're like, okay, everybody, let's run to the wall where we do handstand. I don't think handstand belongs on all levels class, I believe handstand belongs in an intermediate or advanced class. Or everybody's doing shoulder stand I don't care if you don't like it and blah blah, blah, whatever dogma the teachers got going on. We're all doing shoulder stand. That is not an all levels practice.

Dianne B: And I often find that all levels practices doesn't suit the true beginner. And people show up in these classes and become completely overwhelmed. Because let's be honest, as the teacher we tend to be teaching to the majority of the room and when you put an all levels class out there, you're going to get a lot of intermediate students. So I think we need to also start reframing the way we talk about our classes. If you want to teach an accessible class, it has to be a level one class where when I say level one, I mean the poses are your standard level one basic poses. We're not doing all kinds of stuff that is inaccessible to all kinds of people. I just want to get that in there.

Amber K: Yeah, I appreciate that. And I think there is a lot of weird pressure on yoga teachers to have all their classes be available for everyone that wants to come. And I don't know if that's just because it's hard to run a studio and fill classes because there's 25 zillion studios in every city or where that pressure is coming from. But I agree I think that there's something to be said for creating intentional space for a beginner class or a chair class.

Dianne B: Or a Basics class, it still can be a challenge. I don't want to of put everybody that says, you know what, when I used to label my basic class, I would say we are going to do basic traditional yoga poses that are available for a beginner or advanced beginner. If you want something more of a challenge then come to the level two class where we will be doing poses that are a little bit more physically challenging so that people know when they show up exactly what's happening.

Dianne B: Because there's nothing worse than offering an all levels class and you get 90% of your class who comes every single week three times a week are able to do everything and then you get three people because it says all levels who've never done yoga before or practicing with a disability to come to class and then try to navigate the space. I mean, it's going to happen a lot of the time but at least if the class is properly labeled, a level one class, a beginner class, a raw beginner class, a gender class. People know what they're coming for and you're less likely to get people with no yoga experience or who need extra help in a class, showing up at an all levels class when you know good and god damn well the all levels classes is an intermediate class. I'm just saying.

Amber K: Yeah, you're not doing anybody any favors. So definitely be clear in your objectives for the class that you're setting up, be clear in your class description. Don't just say level two, but talk about what that means, what type of poses they can expect, maybe there's a prerequisite, you need to be able to get up and down off the floor without assistance, or you must be able to safely practice inversions. I don't know what your criteria would be, but be clear about that when you advertise your class. And then I think the thing that I want to emphasize about, what is an accessible yoga class? The teacher yes, should have the knowledge to be able to work with folks and provide modifications and variations on poses, but then, really incorporating students who may be practicing at different places. Let's say we have some folks who stay in the chair, while others get down on the floor. That's a really, I think, advanced skill, to be able to teach that and make it a cohesive experience for everyone. So it's not like, okay, everybody's going to do the real yoga pose. And then there's, the less and chair pose over here, which is how it comes off sometimes.

Amber K: So if that's interesting to you, on how to incorporate folks who might not be practicing the same way into group classes, that's what the accessible yoga training is all about. And we also cover a lot of techniques on how to creatively come up with those poses in the yoga for all training. I'm just going to plug those over and over again, because that's the whole reason that we created those trainings is because there are so many students who could be better served if we just have a few additional tools as teachers. Knowing the modifications is one thing, but then understanding how to create community and really hold space and make your students feel or help your.

Dianne B: Implementing them correctly, like implementing them in a way that feels organic. I see that all the time. It's almost like here's the block loser, that kind of thing. To hold that space is very challenging and not to say that you can't do it because I also find that teachers are hesitant to take any additional training on accessibility because they think they're already accessible. Oh, I already know this, oh, we already took this and my teacher training, I already know this and then you show up to their class and you're like.

Amber K: Well, you know.

Dianne B: What, yeah I know, you put accessible on this and you can't get a wheelchair through the door. Or I love it when there's an all levels accessible class anywhere in Toronto, because you have to climb up two flights of stairs. There's not a yoga studio on ground level in Toronto that I can find anyway.

Amber K: One of the things that you just brought up with, like not only knowing how to teach modifications or variations on poses, but how to teach them in a way that doesn't imply hierarchy. Or that, let students practice at different places without one being the best, the only true yoga way that will get you into yoga heaven and then everything else is a consolation prize. So I want to talk about language a little bit. One of the things that Dianne and I discussed a lot in the

yoga for all Teacher Training is the power of language. The language that we use as teachers is one of our most important tools that we have. And that the way that we teach adaptive practice, or personalized practice can really change the experience for the student. In the one hand, the way that it's taught a lot that I see is, okay, we're going to come into, this pose. And so we start out teaching from the most extreme and range of motion with the bind in the foot behind our head or whatever.

Amber K: If you can't do that, then release the bind. And if you can't do the bind then put your hand at your waist. And if you can't do that, then just go home because you're complete loser that can't practice yoga. And I think that's how we hear it as humans, right? Because we are trained to hierarchy and to rank things and give things value. And I think that if I could give one tip to yoga teachers about the way to teach adaptive practice, that will make the biggest impact on empowering your students is to remove hierarchy from your language. Rather than teaching from the top down, where there's an implied full expression of the pose, or the best way to do it, or the real yoga, teach progressively, which is to teach from the bottom up. So rather than doing the fanciest version of the pose, and then subtracting things, or offering a prop as an afterthought, teach from a place of stability and foundation first, right?

Amber K: Like what are your feet doing? Where's your pelvis? Where's your spine? Is all of that safe and aligned. Okay, now we add on the fancy stuff like lifting your arm or lifting your foot or taking a bind or whatever it may be. That way, if you progressively teach from the bottom up, everybody can feel success with the first way that you introduced the pose. And then if folks want to take it further or be more challenged, they have those options available. Looking at our language and the way that we teach is a really big way to bring in accessibility and lets students feel empowered to make a choice about their practice. Rather than oh, I feel like a loser because I can't make the shape the teachers saying to make, we can give them different places to opt in or to work and that can really make a difference for people. Anything you want to add about that, Dianne?

Dianne B: I'm really open to that whole idea of the way we approach the pose. I've always been taught I was really lucky. I studied with a woman named Betsy Downing when I was on a [inaudible 00:26:27] teacher. And she had this whole progressive way of doing things and very much in the warm up. If we were going to do something like half moon, very much in the warm up, we would do half moon from table like almost like a variation of spinal balance or a variation of side plank. And that became the half moon and we just worked with that from the beginning. And then by the time we got to half moon, there was half moon at the wall, half moon with the block, half moon on the chair. And there was opportunity for people to just play with half moon in all kinds of ways. And then what I like to do in my classes, I encourage people to try all kinds of different ways. And I always teach from the bottom up.

Dianne B: So remember, in the warm up, we did it this way, so you can play with it. And remember, we also played with it on the chair. And remember, we also play with it on the wall, I find that my yoga classes when I teach publicly are more like individual workshops that last 75 minutes, then they are a flow class that goes on and on. Because I always used to say, back in the day, I always used to say, the only way to learn anything or to feel anything in your body or to make peace with your body or to get into this practice is to get out of the flow. Because I think just constantly flowing through the asana practice doesn't help. It doesn't help you actually identify how this feels in your body because you're not there long enough.

Dianne B: So I think the language is everything, telling people that we are progressively making our way to something that looks like this, it may not look like this for you. It doesn't have to look like this for you. But language is everything. Language has that power to either empower us or to humiliate us. So we have to be mindful and careful and use our yoga when we use our words.

Amber K: Thinking of language, one way that I think we can be more accessible as teachers or as studio owners people that are creating this culture of yoga, is around our marketing. And so by marketing I mean everything from the class descriptions, which we already talked about to the website for your studio, your bio as a teacher, the photos that you use on your flyers or your website or whatever. If you're noticing that you're not getting as much let's say like everybody in your class looks the same. Not getting any diversity of shapes or sizes, or ages or genders or abilities in your classes. One of the reasons that may be is because of the way that you're marketing it. So I think that yoga marketing basically, the images that were shown to represent wellness or yoga, often tend to be who Dianne and I like to call yoga Barbie. So is generally someone who is white, thin young, traditionally able bodied, sis gender, female signifiers of wealth, all of those things right.

Amber K: And so there's nothing wrong with yoga Barbie, she deserves to move through the world in her body and be respected the same as any human being. But if we're only showing that one representation of what wellness looks like, or what yoga looks like, or if I go to every yoga studio website in my city, and only see stock images or real images of people that look like that, and I'm not that, then that sends a subtle message to me that I don't belong there. I think that it's important that if you, that you truly represent, let's say, if you're a studio owner or a teacher that's building your own website or whatever, that the images that you use on your flyers, on your website, on your business card, whatever, represent the people that you actually work with. Or maybe that you want to work with, but those people aren't showing up yet.

Dianne B: Yeah, powerful thing that I did when I own my studio was stop using stock photos and actually hire a photographer to come in and shoot a class. Because I had people call me up and go, the woman in the photo looks like me. And I said, the woman in the photo is me. So I think that's super powerful. I'm really loving

looking at Instagram these days. Because often I keep thinking I see myself in all these posts. I'm like, I don't remember doing this. Oh, wait, that's not me. And that's really exciting to see people who look like me. You cannot put a price on what it means to see people look like you doing the things that you want to do. I can't tell you how important that is, as a person of color in a larger body. I can't tell you how valuable that is and how that can shift the perspective for so many people.

Amber K: Totally because folks that don't fit into the traditional standards of beauty, which is lays right on top of yoga marketing and yoga Barbie. When we don't fit that, we don't really get to see ourselves represented in a positive light in most mainstream media. We have to specifically create those images or seek those images out and so to see yourself represented in the context of wellness or fitness or on a yoga website, that really does open your mind to say like oh well maybe this is for me and so it can be super powerful. I would say if you can't afford to hire a professional photographer, iPhones take amazing pictures these days. And so definitely get professional photos if you can't, but if you can't, get folks together in your studio or at the park or whatever space you have accessible to you and get a friend to come take some photos.

Dianne B: Or a photography student. If you have a college nearby, a college town, they always need extra credit stuff. So that's what I did the first couple of photo shoots I hired a photog. Well, they had they did it for their project, they came into the studio. So that's another way you can do it, is if you have those resources in your area, find out if they need a project and they'll often just come out for the practice.

Amber K: Yeah, I think that's fantastic. And I would say too I've had a lot of yoga teachers say to me, well, I'm afraid to put my own picture on my flyer or whatever. Because if people see me they're not going to want to practice with me because I'm fat or whatever.

Dianne B: I'm fat or I have a disability. For sure I had those feelings.

Amber K: And I would say that those feelings are valid and I understand where they come from, because we're socially conditioned that our bodies aren't as valuable as yoga Barbies body. But there are people out there, I'm just going to tell you this right now, that will practice with you and want to come to your class because you're fat or because you have a disability or because you're black or whatever. There are folks out there who are desperate for representation of themselves and also want to be with the teacher that they can relate to. I've had a lot of yoga students come to me who are in larger bodies that say, I would never practice with a thin teacher because they just don't get what it's like to be in my body.

Dianne B: Or they'll say to you that I started practicing yoga because I saw you practicing yoga, that's another one.

Amber K: Yes. So just don't discount the impact that you can have by just showing up and being authentically yourself. It can really open up people's minds to maybe participate in a practice that they thought was not accessible for them before, just because you showed up in the body that you're in. So I wonder if there's anything else that you want to discuss about accessibility, Dianne? I can go on about this all day, but I want to let you have the opportunity.

Dianne B: I just went in interrupting you whenever I get a chance. I'm like, Oh, I got a point I know, that this is your jam. I know you love to talk about this. But I think if you have any additional questions about accessibility that we didn't cover it, let's put it up and send us a question. And we'll be happy to answer it in our next podcast. I want to only give you a little tidbit. I don't want to give it all over some of it back. And so yeah, let us know. I think there's lots of ways to be accessible. We've mentioned language we've mentioned, where you're teaching your classes, but I also think representation is everything. So I know it's super scary, but don't be afraid to put yourself out there because honestly, my studio was struggling, mediocre for a long time until I put my actual students on my advertising. Until I talked my students into it. because a lot of them are very uncomfortable being seen as potential yoga models. I called them a yoga model, and I gave them a T-shirt, and they were all about it.

Dianne B: And once I started using those photos, my studio was one of the busiest, most successful studios in Windsor. Because people could see themselves and we had a nice cross reference of people of different bodies working within the studio. And I think that for me was the biggest part of accessibility is being able to see myself represented at my local yoga studio. So if you have any other questions about accessibility, you know where to find us. We're happy to do yet another podcast on this. This is always fun. So I want to thank Amber, this is your expertise. I just sat back and listened whenever I could, because I know you love to talk about this, but please make sure that you check out our podcast.

Dianne B: Please subscribe, rate, comment you can find us on wherever podcasts are found. And don't forget to send us a question and we'd love to answer it. You can find Amber at bodypositiveyoga.com or you can find her at Amber Karnes official all over her social media. You can find me Dianne Bondy at Dianne Bondy Yoga all over social media and diannebondyyoga.com and we're excited to be here. So we'll see you next time.

Amber K: Bye.