Chat Log (Abridged)

00:18:48  Olivia Ford: Hi everyone!! <3 Feel free to share where you're coming on from in the chat! Also please set chat to ALL PANELISTS AND ATTENDEES so all of us can see! <3

00:20:19  Olivia Ford: We want everyone to get everyone else's hellos!!

00:20:27  Susan Mull: So good to see you!

00:20:41  Nancy Duncan: Hi Susan!

00:20:41  priya rajpal: I'm from India (Delhi)

00:20:53  Gina Brown: Welcome y'all!!!

00:20:59  priya rajpal: hi Susan

00:26:12  JoDha: Hiiiiiii

00:27:59  Krista Martel: If anyone wants to be on camera--please let us know!

00:28:07  Olivia Ford: From Susan: this felt like a great way to connect with music and movement (and hydrating!) after the isolation of spring!

00:28:57  priya rajpal: waooo 😊

00:29:04  Olivia Ford: Dianne Reeves' "Better Days" and bicep curls! You can use weights or not!

00:29:55  Olivia Ford: Arms out! Arms up!!

00:30:37  Olivia Ford: Tricep curls!

00:31:02  Olivia Ford: Punch punch!

00:31:49  Olivia Ford: Turn your wrists in to do that last one
Olivia Ford: *Sliding and gliding .... :-D*

Krista Martel: promoting people to panelists if they want to be on camera!

Krista Martel: I'm sweating! :)

Olivia Ford: This was so great!

priya rajpal: was great

Olivia Ford: *Susan is about to read a poem inspired by Michelle Obama*

Krista Martel: *Michelle Obama’s Easter Dress Speaks* by Camisha L. Jones

JoDha: Michelle Obama!! She is awesome

Olivia Ford: About her "right to bear arms" - Susan: *She's so inspiring, saying things like "When the go low, we go high" and inspiring young people with gardens and movement*

Olivia Ford: Drink some water and enjoy "Michelle Obama's Easter Dress Speaks"!

Krista Martel: Poem can be found here: [http://www.beltwaypoetry.com/two-poems-4/](http://www.beltwaypoetry.com/two-poems-4/)

Krista Martel: Hal! Good job Mom!!

Krista Martel: And Sandra! :)

Olivia Ford: Woot!

Krista Martel: Beautiful!

Bose Olotu: Wow... this is great!

Bose Olotu: I love dancing! wow.....


Olivia Ford: You can put your arms out to the sides without weights, hold in your stomach/core, arms in a straight line, lunge back and forth! And then down at the sides!

Gina Brown: Yesterday marked 25 years since her untimely death. I love Phyllis Hyman too!

Krista Martel: *This song: Loving You, Losing You* by Phyllis Hyman: [https://youtu.be/jCt90M6XZTg](https://youtu.be/jCt90M6XZTg)

Bose Olotu: love you too.

priya rajpal: wow beautiful

Olivia Ford: *Pull your belly button back to your spine! And arms up!*

Krista Martel: She's got some great music taste, Connie! (btw Connie, I've been meaning to see if you want to lead one of these! i'll be in touch. :)

Olivia Ford: *Up! Out!*
Bose Olotu: Her energy is so great!

Olivia Ford: *Tricep curls! There you go! Awesome!*

Olivia Ford: *Switch arms!*

Olivia Ford: *Ooooo now dance and freestyle!*

Olivia Ford: *Shoulder rolls!*

Bose Olotu: I am so going to sleep like a baby after this!

Olivia Ford: *Susan has her legs sort of plied, toes out*

Olivia Ford: *Welcome Albertina from Eswatini!!*

Krista Martel: *Welcome Albertina! We are so happy to have you join us!*

Olivia Ford: *Jog a little!*

Krista Martel: That was so great! Thank you Susan!

Bose Olotu: Welcome to this great and wonderful inspiring group.

Olivia Ford: *From Connie: "Susan is my musical soul twin!"

Olivia Ford: <3

Olivia Ford: (also sorry I got into it and didn't turn off before the next song!)

Olivia Ford: *Susan: I am in my late 60s now! And it is so great to be among you!*

Krista Martel: Hi Alecia!

Olivia Ford: *Susan is about to read a poem from the US's poet laureate Joy Harjo - has experienced a lot of hardship and erasure like many of us*

Krista Martel: <3

Bose Olotu: Wow! I wish I will still be this strong and energetic when get to my sixty! love you Susan you are awesome.

Olivia Ford: *Susan: How to find grace in a world so full of horrible hate?*

Krista Martel: Poem "Grace" by Joy Harjo

https://www.poetryfoundation.org/poems/51641/grace-56d22f847bb9e

Krista Martel: Hi Ci Ci! My mom is 80 and is participating today! :)

Bose Olotu: Yes! I look for Grace every day.

Olivia Ford: Such a beautiful piece <3

Olivia Ford: *Susan: I think we search for grace for a lifetime. And I have found a lot with you sisters!*
00:53:17  **Alecia Tramel:** Susan has great energy. Love it

00:53:20  **Krista Martel:** Yes, please share what exercises you do, and what you listen to!

00:53:30  **Krista Martel:** I LOVE THIS SONG!

00:53:44  **Alecia Tramel:** SOLID

00:53:48  **Olivia Ford:** My kid was jumping around to this earlier today when I played it! And my wife! <3

00:53:56  **Albertina Nyatsi:** Hi everyone my name id Albertina Nyatsi I am from a country called Eswatini in Southern Africa. Lt’s my first-time here

00:54:17  **Alecia Tramel:** Hello Albertina

00:54:18  **Maria Mejia:** omg i love this song ❤❤❤❤

00:54:19  **JoDha:** What song is this?

00:54:22  **Bose Olotu:** My exercise is dancing and that is why I so love today's webinar.

00:54:32  **Olivia Ford:** Song is "Solid" by Ashford and Simpson!!! Classic!! <3

00:54:44  **Olivia Ford:** Arms up, elbows at ears!

00:54:44  **Krista Martel:** Here is a link to the song: [https://youtu.be/Lv-uWegEbTQ](https://youtu.be/Lv-uWegEbTQ)

00:55:01  **Alecia Tramel:** Yassss

00:55:02  **Krista Martel:** Welcome Albertina! So happy to have you join us!

00:55:12  **JoDha:** Olivia and Kris, yes, thank youuuuu <3

00:55:17  **Alecia Tramel:** We build it up

00:55:38  **Olivia Ford:** "SOLID! Solid as a rock! That's what this love is! That's what we got! SOLID!"

00:55:44  **Olivia Ford:** Tricep curls!!

00:56:03  **Krista Martel:** let us know if you want to come on camera to show dance moves! <3

00:56:21  **Olivia Ford:** Turn arms over and under! Upper arms against sides, abs tucked in!

00:57:01  **Olivia Ford:** Punch! Punch!!

00:57:10  **Olivia Ford:** Up to the sky! Down to your toes!

00:57:28  **Olivia Ford:** Dancing now!!

00:58:29  **Olivia Ford:** Whoo hooooo0000000000!

00:58:54  **Krista Martel:** Africa!

00:59:12  **Bose Olotu:** And Nigeria!

00:59:54  **Krista Martel:** What do you listen to when you exercise?
Bose Olotu: Music

I listened to good music.

Krista Martel: I just listened to this podcast -- an interview with Stacey Abrams the other day on a run, and it was sooo good! I highly recommend it: [http://www.wtfpod.com/podcast/episode-1130-stacey-abrams](http://www.wtfpod.com/podcast/episode-1130-stacey-abrams)

Olivia Ford: Susan: I almost have a reverence for people who taught me that meditation can fuel your spirit, put your body in the right place - on this series we have learned about meditation, vision boards, other ways to put our energy in a good place - keep doing it!

Olivia Ford: Susan: Sometimes we aren't always in the most vibrant of moods - that's when we need each other so much!

Krista Martel: Thank you, Susan, for your amazing energy! And awesome music and poetry!

Alecia Tramel: Its always time for VANILLA CHILD.

Olivia Ford: Sweep your arms! Hug yourself!

Krista Martel: Teena Marie: Miracles Need Wings to Fly: [https://youtu.be/j6Q8Z1d_kcY](https://youtu.be/j6Q8Z1d_kcY)

Bose Olotu: Thank you so so much Ma, I am so glad to be part of this and I am inspired.

Olivia Ford: Mel says "Sing it!" Sandra shares she is just starting her journey with mindful meditation! <3

Olivia Ford: So great to see folks coming on the video!!

Olivia Ford: "Miracles need wings to fly! I keep my head up to the sky - keep your head to the sky!" <3

Olivia Ford: Susan: You gifted me with so much beauty today! Thank you so much!

Olivia Ford: Susan, this was amazing!

Olivia Ford: Sandra says "Great song selections ... Bless you Susan ..." <3

Olivia Ford: Mel says "Definitely strengthened my wings!"

Olivia Ford: Come one everyone!!!

Olivia Ford: If you do "GALLERY VIEW" you can see everyone at once!! Top right of screen I think!

Olivia Ford: It's not silly to cry!! So good to share emotions!

Olivia Ford: Albertina from Eswatini! First time here! So glad you're here!

Olivia Ford: So wonderful to see everyone!

Olivia Ford: Susan: Often have a craft session with women on Friday nights to talk and share

Olivia Ford: Masonia says "Heeeeeeyyyyy Susan!"
01:12:33  Gina Brown: Hey CiCi!

01:12:33  Olivia Ford: Mel says: "amazing session I was sweating, who knew you could have so much fun with a can of baked beans!"

01:12:46  Olivia Ford: alberto asks: "Susan how long have you been working out"

01:13:26  Susan Mull: I am not consistent with working out.

01:17:13  Maria Mejia: Thank you so much ❤️

01:17:57  Bose Olotu: Thank you again Susan, love you all and it so good to see all of you lovely sisters.

01:18:25  JoDha: <3 <3 thank you Susan

01:20:11  Olivia Ford: Bye everyone! Much love!