

JOIN US
as we launch
our new
wellness
series!

Well

STAY AT HOME  

with
the well project 

Every other
Wednesday,
starting April 8
at noon ET

REGISTER HERE: bit.ly/TWPstaywell

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*

00:32:00 **Olivia Ford:** *Sliding and gliding :-D*

00:32:23 **Krista Martel:** promoting people to panelists if they want to be on camera!

00:33:10 **Krista Martel:** I'm sweating! :)

00:33:17 **Olivia Ford:** This was so great!

00:33:31 **priya rajpal:** was great

00:33:33 **Olivia Ford:** *Susan is about to read a poem inspired by Michelle Obama*

00:33:49 **Krista Martel:** [Michelle Obama's Easter Dress Speaks](#) by Camisha L. Jones

00:34:02 **JoDha:** Michelle Obama!! She is awesome

00:34:06 **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*

00:34:21 **Olivia Ford:** Drink some water and enjoy "Michelle Obama's Easter Dress Speaks"!

00:34:24 **Krista Martel:** Poem can be found here: <http://www.beltwaypoetry.com/two-poems-4/>

00:35:07 **Krista Martel:** Ha! Good job Mom!!

00:35:32 **Krista Martel:** And Sandra! :)

00:37:40 **Olivia Ford:** Woot!

00:37:54 **Krista Martel:** Beautiful!

00:38:02 **Bose Olotu:** Wow... this is great!

00:38:37 **Bose Olotu:** I love dancing! wow.....

00:38:54 **Krista Martel:** First song: [Better Days](#) by Dianne Reeves: <https://youtu.be/dlFj9iCnaIE>

00:39:10 **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!*

00:39:22 **Gina Brown:** Yesterday marked 25 years since her untimely death. I love Phyllis Hyman too!

00:39:31 **Krista Martel:** This song: [Loving You, Losing You](#) by Phyllis Hyman: <https://youtu.be/jCt90M6XZTq>

00:39:32 **Bose Olotu:** love you too.

00:40:02 **priya rajpal:** wow beautiful

00:40:26 **Olivia Ford:** *Pull your belly button back to your spine! And arms up!*

00:40:58 **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. :)

00:41:02 **Olivia Ford:** *Up! Out!*

00:41:38 **Bose Olotu:** Her energy is so great!

00:42:38 **Olivia Ford:** *Tricep curls! There you go! Awesome!*

00:42:40 **Olivia Ford:** *Switch arms!*

00:43:24 **Olivia Ford:** *Oooooo now dance and freestyle!*

00:43:32 **Olivia Ford:** *Shoulder rolls!*

00:43:47 **Bose Olotu:** I am so going to sleep like a baby after this!

00:44:25 **Olivia Ford:** *Susan has her legs sort of plied, toes out*

00:44:44 **Olivia Ford:** Welcome Albertina from Eswatini!!

00:45:13 **Krista Martel:** Welcome Albertina! We are so happy to have you join us!

00:45:14 **Olivia Ford:** *Jog a little!*

00:46:04 **Krista Martel:** That was so great! Thank you Susan!

00:46:11 **Bose Olotu:** Welcome to this great and wonderful inspiring group.

00:46:18 **Olivia Ford:** *From Connie: "Susan is my musical soul twin!"*

00:46:24 **Olivia Ford:** <3

00:46:41 **Olivia Ford:** (also sorry I got into it and didn't turn off before the next song!)

00:46:55 **Olivia Ford:** *Susan: I am in my late 60s now! And it is so great to be among you!*

00:47:29 **Krista Martel:** Hi Alecia!

00:47:32 **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*

00:48:17 **Krista Martel:** <3

00:48:17 **Bose Olotu:** Wow! I wish I will still be this strong and energetic when get to my sixty! love you Susan you are awesome.

00:48:37 **Olivia Ford:** *Susan: How to find grace in a world so full of horrible hate?*

00:48:59 **Krista Martel:** Poem "[Grace](https://www.poetryfoundation.org/poems/51641/grace-56d22f847bb9e)" by Joy Harjo
<https://www.poetryfoundation.org/poems/51641/grace-56d22f847bb9e>

00:50:07 **Krista Martel:** Hi Ci Ci! My mom is 80 and is participating today! :)

00:52:03 **Bose Olotu:** Yes! I look for Grace every day.

00:52:14 **Olivia Ford:** Such a beautiful piece <3

00:52:28 **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>

00:55:01 **Alecia Tramel:** Yasssss

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

00:55:12 **JoDha:** Olivia and Kris, thank youuuuuu <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 hooooooooooooo!

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?

01:00:17 **Bose Olotu:** Music

01:00:58 **Bose Olotu:** I listened to good music.

01:01:09 **Krista Martel:** I just listened to this podcast --an interview with Stacey Abrams the other day on a run, and it was soooo good! I highly recommend it: <http://www.wtfpod.com/podcast/episode-1130-stacey-abrams>

01:01:20 **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!*

01:02:19 **Olivia Ford:** *Susan: Sometimes we aren't always in the most vibrant of moods - that's when we need each other so much!*

01:02:21 **Krista Martel:** Thank you, Susan, for your amazing energy! And awesome music and poetry!

01:02:23 **Alecia Tramel:** Its always time for VANILLA CHILD.

01:02:26 **Olivia Ford:** *Sweep your arms! Hug yourself!*

01:03:12 **Krista Martel:** *Teena Marie: [Miracles Need Wings to Fly: https://youtu.be/j6Q8Z1d_kcY](https://youtu.be/j6Q8Z1d_kcY)*

01:03:59 **Bose Olotu:** Thank you so so much Ma, I am so glad to be part of this and I am inspired.

01:04:16 **Olivia Ford:** *Mel says "Sing it!" Sandra shares she is just starting her journey with mindful meditation! <3*

01:05:43 **Olivia Ford:** So great to see folks coming on the video!!

01:07:00 **Olivia Ford:** *"Miracles need wings to fly! I keep my head up to the sky - keep your head to the sky!" <3*

01:07:40 **Olivia Ford:** *Susan: You gifted me with so much beauty today! Thank you so much!*

01:07:49 **Olivia Ford:** Susan, this was amazing!

01:08:11 **Olivia Ford:** *Sandra says "Great song selections ... Bless you Susan ..." <3*

01:08:26 **Olivia Ford:** *Mel says "Definitely strengthened my wings!"*

01:08:47 **Olivia Ford:** Come one everyone!!!

01:09:07 **Olivia Ford:** If you do "GALLERY VIEW" you can see everyone at once!! Top right of screen I think!

01:09:50 **Olivia Ford:** It's not silly to cry!! So good to share emotions!

01:10:07 **Olivia Ford:** Albertina from Eswatini! First time here! So glad you're here!

01:10:15 **Olivia Ford:** So wonderful to see everyone!

01:10:33 **Olivia Ford:** *Susan: Often have a craft session with women on Friday nights to talk and share*

01:11:08 **Olivia Ford:** *Masonia says "Heeeeeeyyyy 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!