

Amber: 00:01 Hey everybody, it's Amber Karnes from Body Positive Yoga. You can find me online at bodypositiveyoga.com, where I've got a blog with a ton of free resources like yoga modification videos, writings about body image and self care. I've got a free seven day yoga exploration where you can sign up for many classes to come right to your inbox and there's a free self care course as well. I've got a monthly subscription site where you can get yoga classes, self acceptance materials, and lots more.

Amber: 00:40 So today I have Kelley Carboni-Woods and Kelly is... we'll you've been calling me, your Yoga BAE.. Yoga Work BAE. Did I say that right?

Kelley: 00:53 Yeah we go together. We go together. I told Dianne Bondy we should be a triad. We all have husbands, so it's not really cheating on them by being tog ether in our fake union , but the three of us

Amber: 01:02 They might feel left out, but that's O K. It's just what, what, how it needs to be. Anyway, Kelly is a,

Amber: 01:11 is an amazing a mama and yoga teacher and Yogi and business owner and a whole bunch of other stuff that you'll find out today and she lives in Charlotte, North Carolina, and I am just going to let you tell all these people listening about yourself. So I'd love to know, like who are you Kelly and then tell us about Peace Filled Mama because that's kind of your, that's your thing. So what is Peace Filled Mama, what are you all about?

Kelley: 01:38 Well, thank you first for having me on your podcast. I'm really honored and grateful. Um, I'm Kelly Carboni-Woods and I am a human first and foremost. I'm like you said, I'm from Charlotte, North Carolina and I think I'm a fun person. I love to read. History is a big thing for me. And then right now I'm in the phase of being a mama to, to um, more humans, Palmer and Duke they're three and one. And I'm very fortunate to have a partner Christian, we're married and I am a yoga teacher and student. Um, yeah, I think that's all. I'm a fake chef. I'm think I'm a big shift at my house. I'm peace filled Mama. Really? Like I don't have any training and I very rarely have recipes. I just like, I'm a taste. I told someone they should come up for a category of people who can taste things and figure out how to make them.

Kelley: 02:34 That's who I am. I eat things and I say like, Oh, this has cream in it, this has whatever, whatever. And then I'd try to go home and recreate it to the best I can. I'm not a baker though, because baking is like the science. Cooking isn't as much science. I feel

the same way. Yeah. Baking you gotta be you gotta be real precise. That's not, that's not for me, but cooking. I love to cook. It's like a form of meditation for me, you know, withdrawal of the senses. Concentrating on one singular thing. Right. But Peace Filled Mama came from my experience of knowing how much my yoga practice has to be a part of my motherhood practice because if not, I'm going to be feeling overwhelmed and I'll have like a negative chatter around me not knowing what I'm doing or me not being a good mother or me messing up my kids all the time from small actions.

Kelley: 03:33 And so I wanted to make sure that other mothers had access to tools and choices to make motherhood less stressful. Like we're kind of marketed that motherhood should be stressful and then there's all these things we could buy to make it easier and more stressful. And really there's not anything to buy. There's only ways to be. For me, Yoga connects me to the ways to be said. I'm not overwhelm can be kind and loving because essentially that's what we all are at our core. There's like a kind and loving part there. And for most people

Kelley: 04:15 you would think that it would be easy to tap into that when you're dealing with your children. But in my short experience as a mother, it can be most difficult to tap into that sometimes and I feel very fortunate. I'm in a community and billy says supports me really well. I always have help. Like I said, my husband is a fantastic partner and wonderful father and get until I find myself sometimes feeling like screaming at the top of my lungs and throwing everything outside on the sidewalk and saying a bunch of cuss words and not being that loving kind person that I know I am at my core. I can only imagine for mothers who aren't in a community or don't have a partner or don't have support or have other things levels to their motherhood that I don't even understand. More children, children with special needs or different types of medical conditions like all of these things. Layering on only makes it more and more complicated.

Amber: 05:19 I'm wondering if, um, you might spend a few minutes, um, I know that you talk a lot about sort of your intentional approach to motherhood and like using yoga practice and mindfulness and all that stuff. Um, and I wondered if you could talk specifically about like the, how self care shows up in your life, especially as a mother because I know there was a lot of sort of messaging, especially as mothers that y'all get, um, about, you know, putting yourself first is selfish and your kids and your partner should come before everything else at all cost and you know, self-care is selfish and all that kind of all those messages of oppression that I'm really keep us from thriving. And I

wonder if you can talk about how self care like works in your life as a mother and also why it's important particularly as a woman of color to make sure that self care is a priority.

Kelley: 06:15 I think. I don't think, I know like you said, that we're getting a lot of messages around

Kelley: 06:23 what should be a priority. And I came to know like as soon as I was pregnant that if I'm not taking care of myself, but I mean I knew it before, but in terms of motherhood, if I'm not taking care of myself, I'm not going to be effective as a mother or a partner or teacher student or anything because their basic needs and I have found that I have to number one would be willing to ask for help because there's this notion that the more you do yourself to better like super-mom you are and the reality is you're going to burn yourself out and then who is going to be there for your kids if you haven't been asking for help or telling people what you need. So I'm good for saying to people like out loud, I mean support and I say it so much that my three-year-old now says it like trying to get his shoes on and be like, I need some support around tying his shoes. Because I'm good to say to my husband and I need some support right now because I want to use the bathroom alone or I need some support because I want to be able to shower today. And the great thing about the creation of the universe, God, whatever it is you believe when you ask for what you need, you ended up getting it. And so you know, sometimes I'll be at home alone. My husband and I have kind of unusual work schedules to balance, not sending our children out to childcare and I'll be at home alone for like a long time and I don't need to like do something dumb like go to Lowe's to get a gift card and

Kelley: 08:07 you would think that would be simple to do, but it's really not. When we just went to Lowe's for different times trying to get these gift cards that I needed for contract with my two children. Every time I had to leave before I could make the purchase and I just said to myself and kind of out loud like I need some support around Lowe's. Lowe's should have like a childcare person where you could like pull up and Lowe's were like, you know, it cannot order these gift cards online and they'd be ready for me and I was pulling into a lane but I said that to myself and then another mother who's in the community that I've intentionally created for myself,

Kelley: 08:47 she called me and said, how are you Jasmine? Our agency, and I said, I really just need someone to go with me to Lowe's and buy these gift cards, and she met me at Lowe's and I went in there and I got these gift cards. It was like a six minute

transaction that had alluded me over four different visits to two levels and so I say all that to say like we have to first be able to sit in a place and say, I can't do it all. I don't have to do it all. You don't have to do all the things. I don't have to do all the pinterest board. My kids don't have to have the same lunch as the lady I follow on instagram. Like I don't have to do all the things I can look and see what are the things that I want to do, what are the things that come to me with ease and that's what I'm going to focus my attention and then everything else I'm going to ask for support

Kelley: 09:48 and I'm not going to be self conscious about asking for support. I'm going to feel liberated around using my voice and saying what I need help with and holding the people around me accountable for helping me. Because if we were meant to do this by ourselves, we would all be like living on these individual little bumps or no one else can see us or us. And that's not true. We're living in community with other people and I also know that I'm saying that as a person with community, but my community that I have around me now that I am focused and very intentional is very different than the community I had before. I don't have all the same girlfriends that I had when I became a mother and not because I don't meet my standard, but because what I needed in a friendship and I had to reevaluate what titles women on people because there are men in my community also on diligence, who do I need and who can I look to when I need support and I've been intentional about that and the people I'm in community with, our intentional around telling me what it is they need and how I can support them and when I show up for people should people show up for me and I'm just out here finding ease in the places where I can. Like I'm good at cooking and making lunches. I'm not going to go shopping. I don't like it. I don't do it because that's not my thing. And, and, and I, you know, I had guilt around at first saying to people I know and I can't do that or no, I don't have the capacity to handle that this week. But the more and more I, I walk in that way and use my voice, the more liberated I. Right?

Amber: 11:34 Yeah. And I think um, especially when it comes to like asking for what we need and setting boundaries and saying no and stuff like that, like we're socialized as women not to do that or socialized to say yes and to take everything on. And I think especially it goes double for Moms, you know, I'm not a mother, but I watch my friends, my sisters who are, and you know, this, this trope of like the supermom, the instagram mom, all that mom guilt, which is, you know, very effective for capitalism to get us to spend money to try to assuage that guilt and like, um, make ourselves fit into that mold. Um, you know, it doesn't

come natural to be able to ask for help and to set boundaries and to say like, this is what all my life, this is what I want, this is how I want to live, this is how I don't want to live.

- Amber: 12:23 That's really a muscle that we have to like strengthen and flex and build in. I think like you were saying at first you felt guilt, but then like the more you did it, it became easier and I think, I think for sure community plays a role in that, you know, whether you're, you know, doing motherhood are working on making peace with your body or practicing yoga or whatever it is. I think the secret sauce really is like having people around you that are walking the same path that you can like lean on each other. Um, and I wonder if you want to talk about that a little bit more. Like you said, you intentionally created a community and a village that would support you when you became a mother and how did you learn like what you needed in that arena and how did you find those people? Um, how do you build your own community?
- Kelley: 13:13 I think the first place is doing so study, like I said, around what it is you need and making sure that your actions are in alignment with that. So it's like, I, I need to have people around me understand that. No is a complete sentence.
- Kelley: 13:34 No, it's not personal. That when I say that I'm overwhelmed, it's not an attack on what they are or are not doing, that is just my state of being and has complete separation from their state of being, if that makes sense. Yeah. So I had to start communicating that for myself and not giving explanations. So you know, um, I do a lot of things and people will say to me, you're so busy and you and I just talked about this before we started recording how I'm removing the word busy for my schedule or my vocabulary in reference to myself. I'm not busy, I'm full, I'm fully engaged in a lot of different things, but not as much as I could be because sometimes things come to me and they seem interesting and they seem like they're in alignment with what I want. But when I start thinking about
- Kelley: 14:34 the tasks and the time and the amount of childcare I might need, I have to sit and real self study and say like, does this really align with what I want? And if it doesn't, I just say no. I don't give an explanation. I don't say, well when I thought about childcare, but none of that, no, that's not something that I can do right now. And when I started to say that, I started to find that I was being surrounded by people who had a lot of understanding for it or people who would say like, thank you for saying that to me in that way because that gave me the voice to say no. And in, in that way, it's like the little stupid. Not Stupid,

but the new me might see where it says your vibe attracts your tribe. Don't really like the word use of the word tribe in that way, but your vibe does attract who it is you need. And um, I have a friend John love who does meditation and like intentional readings here in Charlotte area and he often says that

Kelley: 15:43 the universe is only responding to the song that you're singing. And so I try to make sure that I'm always singing about what it is that I want. And most often that needs to revolve around ease and peace for me. And I don't want these to be confused with like easy. I work really hard every day from like 5:00 in the morning until sometimes, well after midnight, but I also have two days a week where I don't work at all. And even when I first introduced that, that was hard for people because they were used to me answering emails and text messages and posting on social media and I still might be on social media on my days off, but I'm doing what I want to do. I'm looking at rad videos or shoes for my kids or whatever. I'm not answering questions about class prices or times or any of that because it's my day off and you know, especially if you work for yourself or you're in some type of creative field or even if you work for someone else, we have been socialized to slowly let that encroach on our downtime.

Kelley: 16:55 And I don't want to be that way anymore. And as soon as I started shifting around that amazingly people, you know, like maybe the first week where I was like, this is my day off. People were kind of like, what does that, I don't understand what you're talking about, but now like people ask me because my days off change every week, people will ask me, what are your days off this week because I don't want to email you during those times. And I'm like, Oh, this week I'm off on this day and that day. Um, and so I would say in being intentional and creating is like we have to create twice. There's a teacher that I became connected to this summer and she, she uses a lot of acronyms and she broke down the word act, you know, act. She was like, it stands for always create twice. And so in that way you have to create what you want, like in your mind and your being first and then create it in the outside world. So like I want to have community that sees me and affirms me and doesn't expect an expert, a explanation for everything from me. And that makes space for me to recharge myself and for me to create that in my community. I had to create it in the way I treat myself. I had to affirm myself and listen to myself and see myself and give myself space to make mistakes and give myself space to recharge. And then like magic, that's what I have around me.

Amber: 18:29 Yeah, absolutely. I think like we can't really take ownership of, you know, like if we're trying to set boundaries with other people or decide how we want our lives to look and what we want our lives to be like. We can't expect other people to adjust if we don't respect ourselves enough to

Amber: 18:48 like walk our talk, you know. Um, and I think that's really important. Um, so I'd love to. I know I've read a lot of things from you recently about protecting your piece in letting go of stuff to make room for peace of like pieces, you know, a big thing I think for you and ease, peace and ease and, and like I can definitely say that, you know, since I first met you, like that's something that I noticed about you. Like even though you're a mom of like, well I don't really know duke that well, but I've seen Palmer, he's a, he's a wild child. Like he gets around and he yells and jumps on things and he is like smart and active and I've always seen you like completely peaceful around him were some of my other friends are like, shut up, don't jump on that and Duh. And it's like always trying to control, um, their children rather than working around like who they are as people. That really impresses me about you. So I wonder if you can talk a little bit about, you know, how you protect your piece and how you kind of keep your shit together when everything is chaos. Um, because I think like just from me having known you for a little while, like I see you do that really well and I wonder if you want to share about that.

Kelley: 20:07 So thank you. I appreciate that. First I do lose my shit sometimes. It's just nature of life and I actually, I think we've talked about this before. I have a temper.

Kelley: 20:20 Yeah.

Kelley: 20:21 Let me re change that. Let me change that language. I, in the past I've had trouble dealing with anger, which could be viewed as a temper, but I don't really feel like that's a part of who I am. It was a pattern that I've picked up and it's a pattern that I've put down

Kelley: 20:37 and yoga was a big part of that, so palmer and duke are. Wow, I liked the word wild. People sometimes will be like, don't call your kids wild. I'm like, they are. Yeah, yeah, yeah, I know you don't, but I'm. They're one and they're free and that's the way that I want them to be. I wish to raise liberated free people and so I had to release the line that I have control over them because the reality is we don't control anyone, but for whatever reason, and if I say that to people like we're talking about marriage and I say to you, amber, you don't control me, you will

be like, of course he's his own person. Yeah, we're married, but he's his own person. When we switch the language to children, however we get into this pattern of thinking that ownership of ourselves, control of ourselves begins at a certain age.

Kelley: 21:35 And for me that lie is what holds so many parents, not just mothers but parents in bondage because we have already been socialized around like how we should act and how we should look and how we should dress and how clean our hands should be. And our children, they buck that system from the moment they come out. And so then you get into this pattern of trying to make them fit into something that they aren't ready to fit into. And that's where, you know, like, of course I don't want my children to be in danger. However, we've also been, you know, misled around what's dangerous for children and what's not. You know, children can cut their own food with a knife, they can use scissors. And so once I released that illusion that they're gonna, do what I want them to do, I find so much please.

Kelley: 22:34 And I have to be intentional around where I'd take them. Like I'm not the lady who goes to festivals because my children are allowed to walk without holding my hand and that's not a space where that necessarily is the safest for them when you're in a crowd of hundreds of people. However, if you see me in target parking lot while Palmer will walk next to me because we've talked about the danger of his height in comparison with cars and people being on their phones and not paying attention and even my own comfort level. We've talked about that. I'm not comfortable with you being around away from me or that far away. I don't feel the need to get over here. You better not take your hand off this card because I don't control that. I really don't control that. And what's funny is now we're in a phase where he wants to hold my hand. She told me a few weeks ago, I feel safest when you're holding my hand and so. But it's not a forced thing. You get what I'm saying and I think like we as parents and just people in general, we underestimate children's ability to grasp concepts, but if we just talk to them then we can get into a pattern of everybody knowing that they're their own person and also knowing that we are in community together. So what we do affects the other people. And so like we had a time when we were at a grocery store and Palmer ran to the door and the door opened onto a parking lot which was like the driveway. And so I couldn't get to him. I couldn't get to him quick enough and I screamed his name probably like the most loudest I ever had and he ran back to me, but he burst into tears. And so when we got to the car, we were having a conversation around the level of fear I had

- Kelley: 24:40 about him going out of that door and me not being able to protect him. And he's only three years old. I don't even think he was three when that happened. And that is still something that he understands where some people would have said I had to like beat them or whoop up so he would know not to do that again and you don't have to, you know, I'm on the full knowing that everyone's making their own decisions. We just also have to be in a full. Knowing the fact that there's a lot of different ways to communicate with our children and violence and aggression and domination and intimidation. Don't have to be a part of that. They don't have to be a part of it at all. And you know, people will say to me, your kids are young so you'll just see. But I grew up with a mother who didn't use those tactics and I feel like I'm a fully adult person who
- Kelley: 25:39 survived not being aggressed or intimidated into behaving, if that makes sense. Like she just talked to me and even around like behavior. I tell people all the time like, we're all going to do things our parents don't want us to do. Like if you say you lived your life exactly how your parents wanted you to, you probably have a very repressed life. However, there are probably a lot of us who made decisions based on knowing that what we were going to do or not do wasn't safe for us and would hurt the people that we, that we loved. Does that make sense?
- Kelley: 26:13 And it didn't have to be taught to me in a very aggressive, intimidating way. And so I'm just trying to make sure that my sons know that their voice matters because too many of us spend our. I mean that's what most of both of our work as yoga teachers revolves around helping people find their voice, helping people know they're valuable, helping people know that their perspective is important and really were born with it. But we're in a system of being broken and it's not to blame our parents because they also received that and I just want to make sure that mothers know, especially mothers of color, know that we don't have to continue to pass that trauma. We can liberate our children and in that way create people who are focused on the liberation of others.
- Kelley: 27:12 Right? I mean, that's what it really boils down to. I want to raise liberated people so that they have no questions, no hesitation around fighting for the liberation of others and you know, like I'm raising men. I didn't make that clear, but right now my sons are boys. Palmer identifies very heavily with that even though that's not something I don't parent from a gender binary, but palmer identifies as a male and in that way I want him to know that he can't dominate or control other people because of his size or strength and the only way he's going to learn that is by

receiving that type of respect about knowing his body and his body and then he can know that another person's body is their body so you don't get to do whatever you want to their body. And also you can look and see where those people's liberation is being oppressed and stand up in, you know, comrades an accomplished pianist and say like, that's not right. You can't do that to women's bodies or you can't treat a woman in that way because I mean, when they're teenagers or grown, man, that's too late.

Amber: 28:28 I agree. Yeah. I think like, it's so important to, you know, teach kids from, you know, from the time that they can, you know, understand that you're talking to them about agency and consent and all the things that you're saying like autonomy, bodily autonomy that they do, you know, I don't know how we can expect to grow into teenagers and young men that respect women's bodies if like when their kids, we don't respect their own autonomy, you know, they're, they're just following the example that's being set for them. And like you said, you know, it's a societal thing like this is our society is set up with systems of domination and oppression. So it's not like any individual parent is like evil for, you know, passing those things on that is like, it's a radical path not to do that.

Kelley: 29:16 It requires work every single solitary day to say like, am I respecting them? And you know, children, they don't forget things. So Palmer's quickly to remind me like, Hey, the way that you did that, you weren't thinking about my feelings or like when you said that to me, which as parents that can be like a little like perfectly for. But again that's where my own yoga practice comes in and I'll have to say to myself like, well why do I feel anger rising? Or why am I feeling embarrassed in a store, a public setting when Palmer says no to me or tells me you can't do that to me. And it's not what he actually said is the expectation that my feelings are more important than his, which is something that I have to break or the, the, the path of knowing that other adults who don't share your same perspective are looking at you and judging you

Kelley: 30:18 if you know. It's like the thing that I always say to people, I have no control over my children and they looked at me like, what? For the people in the bag, I have no control over my children and I'm OK with that. But that doesn't mean that my ego sometimes cut on, you know what I'm saying? But that's why I say motherhood is a practice. Um, I'm doing this practice the same way. I might practice Chaturanga or seated forward fold or tree or whatever, and every day is not going to look the same. You know what I mean? Every day is going to look

different depending on different circumstances. And so my only commitment is to doing the practice.

Amber: 31:03 Yeah. Every day has to look different because you're not raising little robots. You're raising tiny humans and human beings have opinions and thoughts and, and want to do their own thing. So I mean, I think the, the struggle that I see so many of my friends like that have kids, you know, trying to control another human and I'm like, that is just no wonder you're so exhausted because that's really an exercise in futility. You know? We know as adults we can't control other adults. Even if we, even, if we might try to wrangle circumstances in our favor sometimes or like protect other people from our feelings or whatever it may be. Like we know at the end of the day, like, you know, uh, that Jimmy's going to do what Jimmy wants to do and when it comes to kids, you know, I think that we, we do, I mean, and to a degree like we are teaching them were molding and shaping them, but that doesn't change the fact that they still have free will and yeah. So

Kelley: 32:13 we're empowering them. Yeah. We are empowering them. You know, my mom will say to me, like, you, you are so sure of yourself. And I'm like, you did that. Thank you. You made me sure of myself because you never discounted how I felt. You never assume that I wasn't smart enough to grasp what was really going on and used a lot of truth in to me and does. She raised someone who doesn't have a problem speaking the truth. And I don't really get into spaces where I question whether or not my opinion is valid. I know my opinion is valid and we all deserve to be in that space of knowing that if you really feel something, it really deserves to be express how we express it, you know, that's where tools come in and I'm working very hard to teach my boys self regulation and at the same time learning self-regulation for myself, but knowing that if I'm angry, there's a reason isn't I'm not overreacting. It's not my time of the month. You know what I mean? Yeah. I'm mad because of something real. Maybe it's a trigger from the past. Maybe it's a real infraction from the current, but it's real and I deserve to be able to process it and honor it and all kinds of ways, you know?

Amber: 33:31 Yeah, for sure. It's interesting you say all that like, um, my mom just turned sixty and I like wrote her this little letter about how, you know, I was the things I was noticing now that I was an adult and working with other women who, um, like you said, you know, our work is around helping people to discover that like they're worthy, they're valuable, they're enough. And I was like, mom, I'm, you know, I'm already like, I've done a lot of this

stuff because like of the way that I was raised and like you said, my, my mother told me the truth and, you know, listened to my opinion as if it was valid. And I'm really, she would say when I was a kid, like I'm not raising kids, I'm raising adults. Like I think that, you know, treating kids as if they know themselves and know their own mind from the time that they can express that is um, I mean it worked well for me and sounded like for you. So I think it's, I think it's really important and I don't think it's easy either. Like it's much easier to spank your kid or put them in time out or not have to like fully explain and try to get them to grasp like y, you know, it's dangerous for them to run in the parking lot, but that doesn't teach them anything and just teach them, here's a safe place to be where mom's not going to do that in a unsafe place.

Kelley:

34:55

And in some ways, and in some ways I don't even think it's easier, I think in the moment it makes us have a level of feeling like we're in control, but in the long run it creates trauma and everyone, even the parent who's doing it, do you know what I mean? Because you have to be denying a certain part of your kids humanity in that way, but that in denying certain parts of their humanity or deny certain parts of your own humanity and we stick to what we know. And so why don't we create a pattern around like ease and peace and respect for our children so that when they become adults, they can stick to that pattern. Also, I, um, this weekend I was with Dianne bondy and she had been crying like a fool. So we were on a panel together and she was talking about when she started doing yoga and how she was three years old and her mom, you know, had a lot of stress and how she would put his younger siblings to sleep and then they would do the yoga together. Amber, I could not keep it together. I was losing my mind not in like sadness or anything in like complete knowing and alignment, if that makes sense, around the work that I'm choosing to do around and making sure that mothers, especially mothers who don't have community

Kelley:

36:32

and in a lot of ways mothers of color have access to the tools of Yoga but not in the commercialized. Get a babysitter, go to the studio type of way, but in the way of knowing that if you do one restorative pose today and your kids are crawling all over you and playing and watching their show loud, that you still can cultivate peace for yourself and that was your practice that day around just sticking to your breath. But when she was talking about her mom and them doing yoga together and then look who diane is, look at the work she's done, the way she's influenced the world from her yoga mat. I was just like, oh, I feel so overwhelmed that I just was crying and crying because it's

like, yeah, we can make these small strides around showing the next generation what it's like to have elevated consciousness and respect your body and listen to yourself and affirm yourself. And then we are literally changing the world. Diane's mom changed the world by doing yoga with her. It's crazy.

Amber: 37:42 So, um, since we're on the topic of Yoga, um, that's actually how I met you and I don't remember who put us together on facebook, but anyway, we ran into one another at a little conference and you gave me a copy of your book manifest and I've been pushing this together. OK, good. Good. Put it together. I'll have to thank her. So I've been pushing this book on everybody that I can tell about it since because I really feel like, um, it is a easy to digest like practical breakdown of what Yoga looks like in real life. Like off the mat, not get a babysitter and go to class and do some poses. But like the practice of and all the things you've been talking about, you know, living with intention and protecting your peace and equality, liberation and all that stuff. So, um, will you talk a little bit about the book and what it's about and um, and how it came about.

Kelley: 38:53 So manifest first, thank you for pushing the book because I don't think people really realize how and maybe they do how scary it is to take your words and thoughts and share them in a big platform like a printed book that's available mine and in bookstores and then for people to, for it to resonate with people and then for them to share it with people. And then on a base level when these book sell, my kids eat. You know what I mean? So I'm like so grateful that people buy the book and use the book because you're literally helping me live basically. And so thank you. The book really came from a place of I'm teaching classes and I like to sit a monster. Like it helps me in my own practice to have something to hold on, to, to be able to take it off the mat because yeah, it's great to be so peaceful in a perfect room with incense burning and you're, um, not to.

Kelley: 39:58 Raj planted on the wall and then you get in a car and you ready to kill somebody. The traffic is so bad. And so the mantra came from that place wanting to give my students something that they could hold on to all week and so that we could use it in the class. And um, I would sometimes during Shavasana just like write a little something that like made it stick, if you will. And so I would have students say to me, could you put it on facebook? Would you share it on instagram? And for awhile I would, I would, you know, take a picture of a poster. I would record a sequence and I would post that with the mantra. And then I ran into a student who I hadn't seen in a while and we were traveling and she was saying that she hadn't been in a class

because of the traveling and how she wished that she had it, like to have them in a book and at the time I was in a space of trying to figure out a way to create ease for myself so that I wouldn't be so quote unquote busy and be able to still share the tools of yoga in a broader spectrum but not have to be creating so much an out putting so much, if that makes sense.

- Kelley: 41:18 And it was like a gift. That's when she said that to me and I, um, decided to put it in a book and we're actually in the period of time a year ago when I was finishing it up because the birthday of the book, if you will, is my birthday, which is the day after Christmas. That's the day that I released them for sale for the first time. And so the book will be a year, December twenty six. But I just decided to put it out there and I am overwhelmed and like mind blown up, so close to 3000 copies and it's, I, I, I always am like, how many, like I have a little tally sheet where I keep and I'm like, really? That many books are out in the world somewhere. And so I'm super excited about it and I'm excited about the way that it finds new people.
- Kelley: 42:16 And um, I just had a book signing here in Charlotte, my first book signing, but it was at a bookstore that I shopped that when I was a kid and they carry my book now and I had this book signing and of course there were a lot of people there that I knew and I'm excited to interact with them around the book. And then there were people that I didn't know the store was like sold out of my book. And that let me know that I'm in alignment around sharing and not from an egotistical way of like, yeah, you know, my books be seven. Not like that. Like, oh, people really connecting to this. Like it's helping people. And so like, I always get like a chill when I see someone posted on social media or they tag me on like Insta story or just it makes me feel aligned is the best word. Like I'm living my dream, I'm doing what I'm supposed to be doing.
- Amber: 43:12 Yeah.
- Kelley: 43:13 By sharing it. I love it. So yes, the workbook, there's a workbook in the workbook, just came from, I'm taking the lessons a little bit further and giving people tools around so steady and creation because that's what the monsters after me, they are about creating how you want to feel. And like I said, creating that twice, creating it in the mind space and in the embodiment of speaking it to yourself and then actually creating that in the world around you.
- Amber: 43:43 Yeah,

Amber: 43:44 yeah. The workbook is great too. I'm definitely, I'm, I'm going to use some of that at one of my retreats this year, so they're going to get a treat. Cool. All right. So, um, I wanted to tell everybody about the manifest, um, online course because we're, we've ran this once and it's a collaboration that Kelly and I did together. It Co creation

Kelley: 44:06 and so that was our first going out. That's when we first started going together, so we will always remember your first. So we ran it once

Amber: 44:17 and really enjoyed, um, interacting with folks and um, and letting folks dig a little bit deeper into the content of the book. And so, um, I wanted, we're launching it again January [inaudible], so new year's, you know, as a time for a lot of people that sort of captured our imagination as like a blank slate. We're starting over, we're starting to like be intentional about the life we want to create and lead in 2018. So hopefully this will be a little bit of support for you all. So do you want to talk a little bit about the course and what it's like and what people can expect?

Kelley: 44:52 Yes. So have a new Hashtag for the new year, New Year, new patterns, but the course is really about, we, we took mantras, we each selected some and we developed lesson plans, writing exercises, reflection questions for each mantra. And then we also included a sequence to kind of embody the lesson. And what I really loved, because I did the lessons also was being able to take this concept each week and look at how you can apply it to different parts of your life and then also have this a sequence that you can do once or daily to really give you time to connect to body and breath and rotate that mantra around in your mind and then if the bond because you're doing it from your home at your pace when it feels most at ease for you. And I really enjoyed being able to connect with people all over the place around these lessons on that weekly basis. So yeah, it's great. I'm looking forward to being able to start out the year like that again.

Amber: 46:06 Yeah, for sure. So we have, um, when you sign up, you'll get content, new content every week. So there's two lessons a week, a one from Kelly and one from me. Um, they're all based around the content in her book. So we each picked a mantra and these are things like, hang on, grabbed the book. Um, I set the pace. All is coming. I am able to say no, like these are really simple sort of Om mantras or affirmations, but then we put together, you know, some, some more ways that you can dig deep around these things. And so each week you'll get two new

little lessons to new yoga practices, um, reflections. And then everybody that joins, we'll be together in, um, a facebook community. We're all posting additional, um, reflection questions and be able to interact around the content. So I'm really excited about starting the new year off that way and um, and doing some self study around, ah, these real intentional sort of ways that we can bring the practice of yoga, like you said, not just in a beautiful yoga studio when we can, you know, have a babysitter and have 20 bucks to go to a class, but in our real lives with chaos and work and you know, arguments with our partner and kids climbing all over us and the dog going to the bathroom in the house and everything else that people are dealing with. So, um, we're really excited about bringing the practice of yoga to our everyday lives and making it something that's really applicable and not just for that special time when you can escape from your life, but really like how does this play out in your, in your everyday life.

- Kelley: 47:58 Yes, I agree completely.
- Amber: 48:01 So, um, as we wrap up here, uh, anything, any final thoughts? If you could say anything to the folks who are listening, whether that's a piece of advice or just something you'd like to share, what's your parting parting gift for the folks that are too nice?
- Kelley: 48:21 Well, thank you amber for having me on. First of all, I always love working with you. I wish we'd lived in the same place where we'll have to go to commune in the Caribbean or somewhere where we can be eventually that works for. I would say that we each deserve to feel ease and peace and not on the weekends, only when it's time for bed and everything is quiet and the only person who can cultivate that in your life as you. And so it's important to start visualizing what ease and peace looks like so that you can start creating it twice, once in a mine, and then once in creation. And in that way we start to build a life that feels good where we're not always stressed and full of tension. Like nobody deserves to feel like that. We don't, we don't deserve that at all. So that's what I would say.
- Amber: 49:19 Oh yes. The retreat. We're doing a retreat.
- Kelley: 49:22 Yes, we are in a beautiful place that I don't want to mess up the name of it.
- Amber: 49:28 I believe that we're training center is led or lot. I don't know. It's uh, it's on a mountain top in northern Georgia and it is wonderful. I've been there to check it out and I spent the night there and it was very beautiful and peaceful. And it's in nature

without having to like be in nature, if you know what I mean. Like you're not going to be an attendant with no air conditioning and bugs on you, but you're definitely going to feel like you are able to be in a natural, beautiful space and take in the beauty of the mountains and the natural. Like they have a swimming pond which is like really? I've never seen anything like this. It's crystal clear. There's not any nastiness or mud. Its got rocks on the bottom but it's like completely natural with rocks and plants and it was really amazing and there's gorgeous like yoga spaces. The food was some of the best like quote unquote healthy food I've ever and I'm really, really excited. So do you want to talk a little bit about kind of what our intention is with the retreat and then I'll make sure we got links that people can join us. The retreat is called the breathing room and so for me first I wanted to go as soon as you were posting like in your instance story. Sounds like when, what time? Because it looks so beautiful and I think that my own intention around it

- Kelley: 50:56 sure. That we are creating practices like sustainable practices around creating peace and ease for ourselves, but doing it by taking that time away, to be in nature, to connect to people who are also looking for that breathing room and having a beautiful time, having eating well, being in community together and taking in, you know, this natural beautiful space.
- Amber: 51:28 Yeah, for sure. And I think one of the things that we really want to accomplish with this retreat is that yes, it's wonderful to be able to like take a pause and get a few days away and be in a really serene, well appointed in space. But what we want to cover and like teach at this retreat is how to bring that feeling home with you and that, you know, just like we were talking about on the podcast today, that the only place you know, a retreat that you spend money on and leave your house shouldn't be the only place that you get to feel peace. Um, and that you get to practice self care. And so we're really going to work on what are some sustainable, practical ways you can do that every single day. So I hope you can join us. We're going to have a good time. We definitely are
- Kelley: 52:13 OK.
- Amber: 52:14 Perfect. Um, where you tell people where they can find you online. And I'll have links to all this stuff in the blog posts in the show notes that accompany this episode, but go ahead and lay it down.
- Kelley: 52:27 I can be found online at www.peacefilledmama.com. That's my website. I have a blog there. There's links for um, youtube

videos and even like my pinterest is linked there. I think I love pinterest and I can also be found on instagram at peacefilledmama - just peace filled Mama, facebook, the same thing. Um, and then pretty much if you put in my name, Kelley Carboni-woods you can connect to me on twitter. I think somebody has peace filled mama the correct way, but I'm on there without the ed in peace filled. It's peace fill, the letter d mama and I tweet sometimes I, that's where I can like rent cars. They don't have a twitter. I'm at my husband and I go with and um, but yeah, connect to me wherever all the places. Youtube,

- Kelley: 53:27 instagram, twitter, facebook. Yeah. I look forward to
- Amber: 53:31 Kelly. Thanks for being here. Um, I really appreciate your time and I can't wait for folks to get to know you a little bit better and hopefully everybody can join us for manifests the course and for our retreat we'll see y'all on the Internet.
- Kelley: 53:47 Yeah. Yes. Thank you amber. Thank you everyone and have a good day.