

# Subaltern Speaks Teaser Transcript

Welcome to Subaltern Speaks, the official podcast of the University of Toronto's multi-faith centre. Subaltern speaks is for spiritual study and practice. In this podcast, we explore the legacies of colonialism, the religion and spiritualities of colonized peoples, otherwise known as subaltern in post-colonial studies. I'm Yasamin, I'm Manvinder, and I'm Savroop. We're students at U of T and we are your hosts for the first season. Together with leading thinkers, academics, activists, artists, and spiritual leaders in our communities and beyond we seek to dismantle how colonialism and decolonization are understood and how they continue to be practiced today. We'll cover themes such as resistance, the evolution of culture and spirituality, migration, and decolonization. Head to Spotify, Apple podcasts, or wherever you listen to podcasts to tune in to our first episode where we chat with holistic wellness educator Navi Gill about Ayurvedic and yoga practice in the West, Sikh spiritual identity, and immigrant complicity in settler colonialism. We hope you'll tune in.