

Master the Mystery of Teaching Kundalini Yoga Workshops

Sat Nam,

Sharing the transformational teachings of Yogi Bhajan is one of the most precious aspects of our lives. And waking the spirit of people around the world is our gift to the world. These notes are from a workshop which we gave at Summer Solstice 2009. Please share with others and give hope to many.

Blessings,

Tarn Taran Kaur Khalsa ~ www.KundaliniWomen.org

Madhur Nain Webster ~ www.LotusEyesYoga.com

1) Attraction is YOU!

- a. People want to experience and share your Radiance!
- b. Create a habitual spiritual practice to build your radiance, strengthen your nervous system and calm the chaos of your mind. Create clear uplifting intentions.
- c. Sadhana is your spiritual practice
- d. Be real and bring Kundalini Yoga into your daily lifestyle
 - Yoga and meditation practice, Isnaan, diet, dress, habits, culture
 - Your home: mantra music, atmosphere
- e. There is not ONE format for workshops (except Ong Name + KY + Long time sunshine)
 - There are so many Kundalini Yoga sets and meditations to choose from. Do NOT change any yogic technology with the idea that you need to make your workshops more marketable. Kundalini Yoga, as taught by Yogi Bhajan, is a complete science of transformation.
- f. Study and continue to learn
 - We are continually a student and a teacher
 - Create a beautiful alter in your home and at your yoga studio. Your altar is a place where you bow your head lower than your heart and therefore your consciousness is altered.
 - Shakti & Bhakti are two essential energies to be aware of in your life. Shakti is awakened during the practice of Kundalini Yoga: "I am, I am." Bhakti is devotion: "God and me are one." Both are essential for the life of a yogi.
 - Teaching is a service and prepares you to become a Master
 - Develop cultural sensitivity as you teach which means that you do not change any teachings of Kundalini Yoga, however, you are aware of any adjustments which need to be made.

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2) Preparation

- a. Build your yoga community network
 - Reach out beyond the yoga community
 - Teach and serve others outside your normal circle
 - Get business cards and give them out: let people know that you are there to serve
- b. Serve and the Universe will serve YOU
- c. Logistics:
 - Budget: room rental, marketing, overhead costs, transportation, Gurudakshina
 - Marketing: business cards, email, flyers, posters, network with others
 - IMPORTANT: Have a clear agreement with yoga center or partner
 - Prepare your yoga set and music. Know your environment where you will present. Come 1/2 hour earlier to set yourself and greet the students.

3) Topic Ideas

- a. Why offer a Workshop?
 - What is your expertise which you want to share?
 - What yogic topic do you want to master and study deeper?
 - What topics challenge you and you are interested to master?
 - What topics are your students asking for?
 - What topics are critical in your community?
- b. Presentation
 - Month series or semester series
 - Weekend seminars
 - Special event: seasonal, full or new moon meditations
- c. Topic ideas (What interests you? What challenges you? What is requested?)
 - Breath and Life (pranayam)
 - Meditation series
 - Women, men, relationship topics
 - Healing: Full Moon/ New Moon
 - Mind: friend or foe; Mantra and transformation
 - I am, I am (Confidence, identity)
 - Spring Cleaning the Being; Solstice Celebration
 - Beginner's Yoga
 - Yoga intensives
 - Synchronize your local event with 3HO Global meditations/event
 - ***Look at the topics from Summer Solstice classes or Aquarian Teacher's manual

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4) Organization of Workshop

- a. Welcome (Introduce yourself and give short overview of session)
- b. Connect with others (Remember that people often feel uncomfortable at the beginning)
 - Name games
 - Pantomime Name Game: Group is in a circle. Say your name and then pantomime the meaning of your name. People in the group or small group repeat your name and pantomime your name. Continue around the circle.
 - Name Ball Pass: Group is in a circle. Say your name and then toss a ball to someone who says their name. Continue for 3 minutes. Then toss the ball as you say the name of the person who catches the ball.
 - Sing Name: Each person stands up before the group and sings their name.
 - Sing Name Plus: Each person stands up before the group and sings their name and then says the meaning. People in the group sing the name and repeat what is the meaning of the name.
 - What do we have in common Game: Group dances for a few minutes. Then teacher stops the music as the students find a partner. The partners then share: Three things that they have in common from their childhood. Start music again and group dances. Then teacher stops the music again as the students find another partner. The partners now share: Three situations which inspired them to participate in this workshop. Start music again and group dances. Then teacher stops the music again and the students find a partner and sit down and share about what is their intention for this workshop.
 - Intention activities. What do you want to accomplish?
 - Introduce yourself and share intention in small groups
 - Write your intention on a index card and place paper on altar. At the end of the workshop decorate the card and then share your intention with the group.
- c. Kundalini Yoga and Meditation
 - Choose a yoga set and meditation to support the theme
 - Can add: Warm-ups; dance; Celestial Communication; Yogi Bhajan video
 - Do you play guitar or another musical instrument to accompany the chanting? If not, choose a CD which is easy for the student to chant with.
- d. Activities
 - Sit in pairs and share what is your intention. Partner extracts one word from your sharing and writes on a rock or paper and gives back to you as a blessing
 - Tape a sheet of paper on everyone's back. Play meditative music as students greet one another and look into eyes for 5 seconds and then write one word on the taped

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paper to describe the strength they saw as they looked into the eyes. Then students sit down and read their own paper. Then one by one, student stands up and shares one aspect from the list: "I am"

- Cultural sensitivity...What person from your country inspires you? What person from your country inspired your courage (or honesty, or dignity, etc).
- Write 26 or 56 or 108 aspects about yourself on an index card or paper (or create an inspiration list about your partner, child, etc).
- Create a collage to express process, projection or intention

e. Activity with follow-up homework

- Do ONE nice thing for yourself each day
- Create a daily journal about a specific aspect of your life
- Journal after practicing a meditation
- Request students to practice a meditation for 40 days and then have them meet together after 40 days to share their experiences

f. Closing

- Chanting
- Celestial Communication
- Share Intention in small groups or in large group
- Write a blessing on rock or paper and decorate
- Long Time Sunshine with prayer (teacher, each student offers a prayer or someone prepares a heartfelt prayer for every workshop end)

5) Build community

a. Follow up

- Give homework (meditation, activity, Buddy communication)
- Send students an email with meditation or inspiration
- Create an email group (request students to sign up or generate the group themselves)

b. Build trust

- Invite people to your home.
- Have events at other people's homes
- Go on walks, social activities, events
- Create a cyclic activity which people can look forward to (Full or new moon meditation; Solstice or equinox celebrations; Yogi Bhajan or 3HO birthday celebrations; Seasonal potluck party)
- Encourage 120 day celebrations for pregnancy women
- Encourage students to assist new mothers during 40 days (shopping, childcare, etc)

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- c. Organize a weekend yoga event or retreat
- d. Introduce students to the 3HO community
 - Invite other teachers to teach.
 - Talk about the global 3HO community
 - Share info about 3HO events, website, opportunities, DVDs
- e. Bless your students
 - Place their names or photos on your altar
 - Pray for your students