

2017 Winter Solstice Trainer Forum
Small Group Breakout: Themes and Schedules

Most of the group felt that the scheduling options should be opened up as long as the perimeters defined by the current contract were met: Six month minimum for certification, maximum 10-hour day; 180 contact hours. Leave it up to the leads to determine whether the format works or not. South America courses are almost 400 contact hours! And two years long! Many of us want to experiment with ashram courses: 40-day immersions, half days, focus on sadhana and seva, etc. Why not?

Themes included: seva, promoting/ demoting habits, mind and meditation, identity of a teacher, becoming a Yogi, how to teach beginners.