

## **Level Two: Vitality & Stress and Mind & Meditation; Experiential activity and process using quotes from Yogi Bhajan - - Summer Solstice Trainer Forum Report 2018**

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**Facilitator:** Deva Kaur

**List of the participants in the group:** Deva Kaur, Kushbir Singh, Sunder Singh, Guruchander Singh, Sat Siri Kaur, Sat Dharam Kaur, Ek Ong Kar Kaur, Simran Kaur, Shakta Kaur, Siri Sevak Kaur, Mukta Kaur Khalsa & Dharam Kaur.

### **Write down ideas that your group comes up with during this discussion:**

Each small group came up with an experiential way to demonstrate/illustrate a Yogi Bhajan quote for either the Vitality & Stress or Mind & Meditation Level 2 courses. Deva Kaur provided quotes from each course for us to develop the experiential component. We formed groups of two to create these new ways of teaching the core concepts of these quotes to Level 2 students.

### **Are there any questions that need clarification about your topic?**

We needed Deva to frame the task a couple different ways before beginning our project. Deva collected the hard copy notes that we wrote to summarize/describe the experiential process illustrating the Yogi Bhajan quotes,

### **Please summarize the highlights, key points and any specific recommendations from your group discussion**

Deva gave us Yogi Bhajan quotes. We are supposed to create a new, creative process to teach the concepts in the Yogi Bhajan quotes. Give people a way to experience the Yogi Bhajan concepts from the lectures.