

## **Online Teaching: How do we incorporate online teaching in our culture of Kundalini Yoga and Teacher Training - SS Report 2018**

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

Good opportunity to improve own teaching skills,

Concern about community experience vs training in your own home/ deprive from seva, conflicts and pranic exchange. It's not the same powerful experience and attention is not.

Price is an element too: maybe for different context, online can work best as it doesn't have as many expenses.

Maybe some topics can be taught online and others cannot, for example:

- Patanjali sutras
- How to teach a class

But again, there are so many questions that come up/ it's an experience on itself.

Explaining pratyahara it's difficult but experiencing it it's different. Maybe we have different levels.

Some people don't take the training to teach but for their own personal information: if we talk about those, or underserved communities. Needs to define who we are talking about. Enlightened human being

Do you think you can create an enlightened human being online? it depends...

How can you serve them in this moment? It's about sharing with passion.

We are trying for balance.

Business/ branding point of view, of how the future is heading. If KRI wants to hold a spiritual level, it needs to be demanded to be in person, however it can have an element of online to serve the personal experience.

Aquarian Human type of online experience to funnel to the in person training. I'm speaking from personal experience with online platform. Maybe have a course, that has things that teachers can utilize or like a prerequisite...

I think Spirit Voyage have some like that... In my opinion needs to be something very rigorously to be KRI standard.

What about for after they finish the training? most trainings lack on group support after training.

It's part of the National Association job I think? Should we include them?

What about using social media and follow up as part of the trainer duty. Keep it alive so people can share with each other...

For example, Sutra: maybe every trainer can have a Sutra group to keep communication going.

Another perspective is as a trainer I don't want to be on a platform all the time answering students, engaging in the virtual world, as I like the personal experience. Yes, no, we wouldn't be involved.. Maybe a volunteer can be the facilitators? Well, there needs to be a monitoring. Every trainer can have their style..

For example, having a yoga studio I have to be available for questions not only during training but also during regular classes, off time. Students need support. Stuff comes up. If moving towards online, all need to be involved.

In China, after the training we create groups for the teachers to support each other. It's not only the trainer supporting but it's a community.

Another question: what about if students move half way through the training? the online can help them be involved..

Lectures can be done online easily. Not for teacher training level one, but maybe other workshops. For example, practicum and other experiences need to be in person.

What topics in TT could be delivered online? I think it has different levels to relay all topics. One part can be online, one part can be interactive, from the same topic. It can be live, stream or pre recorded and a person can access in different times. Structure to sign up.

Make sure the quality of the teaching is the same standard of qualification from KRI.

Create a balance, for example: people that live in remote location and don't have access to regular training. Online can be a portion of their training and they come for certain amount of time in person classes. That's how they do low residency courses, education is going towards this process. My experience is that you create highly qualified professionals when you have more rigor in presence. You don't want to create a lot of teachers without high caliber.

Yes, in our training we have an exit interview even if you checked all the boxes for certification. For example: if the student didn't change in caliber, qualities.. How do you engage that online? Even in person, how do you engage that? That's a little slippery.

The student who didn't change in caliber can redo the training for free in our program. In 8 years we held two students and one of them redid.

The whole paradigm is shifting, teacher/student is shifting. We are all one. Hold an altar for every student.

