

Questions to ask yourself prior to teaching Rebirthing Workshops

1. What is the motive for your wanting to teach the Rebirthing classes?
2. How have you prepared yourself to teach a re-birthing workshop? Some examples of preparation: direct personal experience of the kriyas, strong personal sadhana, meditating before class. Also, watching the videos several times, take notes and walking through the instructions in the book. It's important to study both the video and read the lectures in the book in advance.
3. What are the soft skills -such as shuniya or deep listening- that will support you and your students?
4. Have you considered whether there any physical or mental conditions that would prompt you to recommend that a student does not take these workshops?
5. How would you describe the rebirthing workshops to someone who has never practiced Kundalini Yoga or meditation? Would you recommend that they take the class?
6. How will you decide on whether to use the videos of Yogi Bhan teaching vs. you teaching the meditations & kriyas?
7. How will you create an appropriate safe and contained space for the students?
8. Have you considered how you will accompany, support and elevate students that go through uncomfortable or difficult experiences during and after the workshop? How will you prepare yourself? How will you prepare them?
9. How do you frame the class to help attendees know what to expect? For example, how will you describe what Yogi Bhan was like? what to expect from the depth of workshop? Ensuring students to allow enough time after class to settle, etc.
10. What will you do at the end of the session to help students assimilate the experience of the kriya? (e.g. a long relaxation, chant, dance, group discussion, or serve tea, cookies and fruit)