

Rebirthing Workshop - Trainer Forum June 2019

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Top Ten Tips –What to do or Not to do

A cautionary tale for those who want to start teaching Rebirthing workshops

1. **Personally study and practice the classes before teaching them.**
2. **When advertising classes, clarify that this is Conscious Rebirthing as taught by Yogi Bhajan** (don't mix with other schools and traditions of rebirthing, even if trained in those traditions).
3. **Know your students – Interview or pre-orient them to the topic;** Check for any mental health issues or addictions.
4. **Prepare yourself and prepare your students for possible emotional experiences** (e.g. crying, fear, anger); Have water & tissues on hand; Normalize the experience.
5. **Give permission to attendees to take care of themselves;** Encourage them to keep up as best they can, however allow them to stop participating if they need to (e.g. breathe, lie down, drink water).
6. **Create a cozy, sacred and safe environment.**
7. **Allow time between modules for students to fully absorb and integrate their class experience.** Don't do whole series at once.
8. **Be available for your students** if they have questions or issues come up; **Reach out to them between sessions**, but do NOT try to be their therapist. Check back with your students between sessions (Student's responses to their experience can be triggered 1-3 weeks out).
9. **Encourage students to be kind to themselves after class**, e.g. to relax after class, to ground themselves before they leave; to be careful about what environments they go into post-class (encourage positive uplifting environments).
10. **Have other teachers present to help support the experience**, assist with technology- especially during the first couple of sessions; if you are a musician or have one in the community, arrange for live music for chanting to begin and end the class.

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