

GLOBAL ATA ONLINE SUMMIT

BUILDING BRIDGES TO ENHANCE OUR SERVICE



TRACK 1 - ATA SUMMIT WORKSHOPS

[ENGLISH](#) (中文, 向下滚动)

ALL SUMMIT WORKSHOP BY JUST OUTCOMES (DAY 1)

Together in Indra's Net: Power, Hierarchy and Right Relationship in the KRI Community

We humans share a longing to be in right relationship with ourselves, one another, and our creator. While power is intrinsic to all human relationships, it can serve to divide or to unite. This session, facilitated by Cara Walsh and Aaron Lyons of Just Outcomes as a part of the Compassionate Reconciliation Project, is an opportunity to sit in open, honest and compassionate dialogue about the past, present and future of the KRI Community.

Together we will take stock of how patterns and systems of power impact human relationships. Through the technology of circle process, you will be invited into small-group, authentic conversations about the effects of power and hierarchy within KRI and beyond. Given the profound impact of Yogi Bhajan within the formation and identity of the KRI community, we will then invite a deep dive into personal reflection and discussion about what 'right relationship' may mean, on a personal level, with the persona and legacy of Yogi Bhajan.

The goal of this session is to create an authentic and respectful container for all voices, perspectives and needs to be felt and shared. The session will not resolve the issues and choices facing the KRI community, but it will impact how they are understood. We honor uncertainty, mixed emotions, vulnerability and the possibility of connection even across difference. As facilitators, we come in the spirit of care and respect for all of what you may be experiencing in this time, both individually and within your community relationships. We look forward to welcoming you into this conversation.

WORKSHOPS, PANELS, AND GROUP DISCUSSIONS FOR PROFESSIONAL DEVELOPMENT (DAY 2)

1. Mentoring Best Practices Panel; a conversation for both mentors and mentees (taught in English with Translation to Chinese)

Gurucharan S. Khalsa, PhD and panel of Experienced Mentors

Seasoned Mentors will share what they have found to be of value in the mentoring relationship, both structure and content. Participants are encouraged to ask questions and share what they have found of value, as mentors and as mentees.

2. Naad Yoga: Vibration in Oneness (taught in Chinese)

Japbir Kaur

Let us vibrate together as we experience the power of the Naad. Learn how sound vibrations affect the body, mind and spirit through the movement of tongue, the mouth and changes in the chemicals in the brain. Practice listening meditation and chant primal sounds/mantras to experience the state of oneness.

3. The Roots and Context of Kundalini Yoga as taught by Yogi Bhajan (taught in English)

Rob Zabel, MA ERYT-500

This is the presentation of a research paper, funded by KRI, that explores the origins of the practice of Kundalini Yoga as taught By Yogi Bhajan. This includes revisiting the works of other scholars, examining the historical presence of yoga within Sikhism, and an overview of spiritual transmission and lineage that looks at Yogi Bhajan's teachers Sant Hazara Singh, Sant Virsa Singh, and Dhirendra Brahmachari.

4. Pranayama and its practical application outside the training space (taught in English)

Tonie

How can we introduce the use of pranayam outside our formal KY trainings and classes. Presentation and practice of some basic breath techniques, focusing on their direct benefit and the ease of sharing them.

[Go to the Full Agenda HERE](#)

[CHINESE / 中文](#)

ALL SUMMIT WORKSHOP BY JUST OUTCOMES (DAY 1)

Together in Indra's Net: Power, Hierarchy and Right Relationship in the KRI Community

团结在因陀罗的网中。KRI社区的权力、等级制度和正确关系

我们人类都渴望与自己、与他人、与我们的造物主建立正确的关系。虽然权力是所有人类关系的内在因素，但它可以起到分裂或团结的作用。这场会议由"公正结果"的卡拉-沃尔什和亚伦-里昂主持，作为"慈心项目"的一部分，这是一个公开、诚实和富有同情心的对话机会，讨论KRI社区的未来。

我们将一起评估权力的模式和系统如何影响人类关系。通过圆圈过程的技术，你将被邀请进入小组，就KRI内部和外部的权力和等级制度的影响进行真实的对话。鉴于Yogi Bhajan对KRI社区的形成和身份的深刻影响，我们将邀请大家深入思考和讨论"正确的关系"在个人层面上对Yogi Bhajan的角色和遗产可能意味着什么。

本次会议的目标是为所有的声音、观点和需求创造一个真实和尊重的容器，让大家感受和分享。这次会议不会解决KRI社区所面临的问题和选择，但它将影响对它们的理解。我们尊重不确定性、混合的情绪、脆弱性以及即使是跨越差异的连接的可能性。作为主持人，我们本着关心和尊重你们在这个时期可能经历的一切的精神，无论是个人还是社区关系。我们期待着欢迎你们参加这次对话。

专业发展的研讨会、专题讨论会和小组讨论 (第2天)

WORKSHOPS, PANELS, AND GROUP DISCUSSIONS FOR PROFESSIONAL DEVELOPMENT (DAY 2)

1. 指导最佳实践小组；指导者和被指导者的对话（英文授课，有中文翻译）。
Gurucharan S. Khalsa博士和经验丰富的指导者小组

经验丰富的导师将分享他们在指导关系中发现的有价值的东西，包括结构和内容。我们鼓励参与者提出问题并分享他们作为导师和学员所发现的价值。

2. Naad瑜伽:合一的振动（以中文授课
贾比尔-考尔（Japbir Kaur）

让我们一起振动，体验Naad的力量。了解声音的振动如何通过舌头、口腔的运动和大脑中化学物质的变化来影响身体、思想和精神。练习聆听冥想，诵读原始的声音/咒语，体验合一的状态。

3. Yogi Bhajan教授的昆达利尼瑜伽的根源和内涵
Rob Zabel, MA ERYT-500 (用英语授课)

这是一篇由KRI资助的研究论文，探讨了Yogi Bhajan教授的昆达利尼瑜伽的起源。这包括重新审视他学者的作品，研究瑜伽在锡克教中的历史存在，以及对精神传承和世系的概述，即研究瑜伽师Bhajan的老师 Sant Hazara Singh, Sant Virsa Singh和Dhirendra Brahmachari。

4. 调息法及其在训练空间之外的实际应用（用英语授课
Tonie

我们如何在正式的课程和培训之外介绍呼吸法的使用。介绍和练习一些基本的呼吸技巧，重点是它们的直接好处和分享它们的方便。

Go to the Full Agenda [HERE](#)