

Pedagogy Report For Level 2: Conscious Communication

By Seva Kaur

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- **Introduction:**

After conducting a comprehensive evaluation of our recent Kundalini Yoga Level 2 Training on “Conscious Communication”, we have identified key areas of success and also of potential improvement for future level 2 trainings.

- **Conclusions and Considerations for the Next Training:**

Here's a breakdown of our findings:

1. **Teacher Engagement:** Some students expressed a desire for more guidance and interaction from the trainers in their small groups. It is important to emphasize that as Level 2 practitioners, they are also in their role of self-initiation, encouraging them, as teachers, to actively engage in their learning process and not relying so much on the directiveness or support of the main trainers at all times.
2. **Group Dynamics:** Several students reported difficulty in connecting with their assigned groups. We take note of this point as an issue that might happen for a few of them, so we will encourage students to voice any concerns about group dynamics early in the course to allow for timely adjustments. Emphasizing the importance of engagement in group activities and discussions will also be reiterated.
3. **Monitoring Progress:** We also highlighted that in an online setting, it can be more challenging for trainers to know how much progress and growth of participants is happening. Although quite a few students expressed feeling very well-supported and already applied the techniques and tools they received having successful results throughout the course.
4. **Course Structure:** To facilitate better assimilation of course material, we will consider spacing out the sessions to allow for more time between weekends. For instance, teaching every other weekend. This approach will provide students with opportunities for reflection and integration, potentially enhancing the overall learning experience.

The benefit of setting up the course every other weekend is to give the students more time to assimilate what has been received. The risk is that they could lose track, get dispersed, or feel the distance in between weekends as diluting or weakening their personal process or their learning. A way to sort this out might be by giving them assignments not to lose focus. Getting together a few hours on Saturday for example, for watching Yogi Bhanjan's videos, or giving them some exercises and in between activities, as milestones to keep them engaged.

5. **Managing Dominant Personalities:** We acknowledge the need to address instances where certain students dominate the space for personal issues, detracting from the learning environment. Clear communication about the purpose of the big group sharing sessions and boundaries when sharing personal difficulties will be reinforced to maintain focus for all participants.
 6. **Structure of the module:** We also plan to have all four trainers present during each weekend session, with a rotation of contributions to ensure consistency and diverse perspectives throughout the course.
 7. **Support for Beginners:** Recognizing the presence of beginners in the course, also maintaining a consistent team of Level 2 trainers will provide stability and support for participants aiming to complete all modules with KRI.
 8. **Post-Session Break-Out-Rooms Open:** We will continue to provide opportunities for small group connections at the end of each day, allowing participants to reconnect and support one another outside of formal sessions.
 9. **Evaluation Process:** Going forward, completing course evaluations will be a requirement for all participants, ensuring that they will all give their feedback for future improvements.
 10. **Video Engagement:** To address mixed feedback on video content, we will clarify expectations regarding video watching and encourage open communication about any concerns or preferences from participants.
 11. **Embracing Intensity:** Lastly, we recognize the intensity of the course being online with long hours on screen. We also recognize the intensity of the content and its transformative potential. The latter as a reminder of not being an issue to sort out, but emphasizing the importance of embracing that intensity as a sign of growth, and can be addressed under these terms as encouraging continued reflection beyond the course duration for transformation to happen.
- **Conclusion:**
By addressing these points, we aim to enhance the learning experience for all participants and further support their journey through all the different level 2's and their personal growth.

Sat naam
Seva Kaur