

**Report on a
Seven-day Teachers Training Retreat
Om Shanti Retreat Centre, Delhi
Monday, 22nd October — Tuesday, 30th October 2018**

Gurgaon, India – For the fifth time, a seven-day retreat, designed to train teachers to conduct the Foundation Course in Raja Yoga Meditation, was held at the Om Shanti Retreat Centre, this time in October rather than February/March. The 47 participants from 18 countries included individuals already teaching the Foundation Course, as well as those who wanted to teach and those simply wishing to review the course in depth. Sixteen participants were from India itself.

The training covered the *content* of the beginning, intermediate and advanced levels of the Foundation Course in Raja Yoga Meditation (15 lessons in all) as well as *delivery* sessions on student-centered learning and facilitation skills and sessions on meditation. It also included a number of practicums—sessions in which participants practiced developing their presentation skills by teaching a segment of a lesson and accepting constructive feedback from their peers.

The *content* sessions of the training were conducted by Sr Kiran (USA), who has led similar trainings at Peace Village and Anubhuti Retreat Centres as well as in Guyana and various US and Canadian cities.

Sr Margaret Barron (UK) conducted the *delivery* sessions. Margaret is a professional Personal Development Trainer who has co-facilitated trainings for BK teachers in Belgium, Germany, Italy and Poland designed to make the delivery of the Raja Yoga Course more interactive, creative and supportive of all types of learners.

Sr Mary-Jeanne Tremblay (Canada) conducted the *meditation* sessions and coordinated the nine *practicum* sessions and their facilitators. Mary-Jeanne is a mental health professional and part of the BK Mental Health Team. She also co-facilitates the True Self-esteem course offered in Madhuban. She has been regularly assisting the Teacher Trainings since 2013.

The training was greatly enriched by the presence and contributions of several seniors. Asha Didi conducted the welcome and closing sessions. Brother Brij Mohan gave a class on completion. This time we also had two special guests. Brother Mohan Singhal gave a short class on inspirations from the Bhagwad Gita. Sudha Didi from Moscow took

sessions on Karma, Cycle, and Yagya History and conducted one of the evening meditations.

The training was conducted exclusively in English, however there was translation into Farsi for one participant from Iran.

The response to the training was overwhelmingly positive. 33 participants filled the feedback form and nearly 100% of those said that their aims in taking the training had been fulfilled. Several mentioned that it exceeded their expectations.

A sampling of comments:

- Appreciated the full/tight schedule and the afternoon breaks. Kept us focused yet fresh. No wastage.
- Content sessions:
 - were deep and practical; rich, inspiring, stimulating; highly informative; outstanding; entertaining;
 - gave me the confidence to answer questions that will be posed by students;
 - Clarified for me how to give Baba's knowledge to people abroad and to those who don't believe in God.
- Delivery sessions:
 - were entertaining, interesting; practical, user-friendly and important; creative, lively, inspiring; full of enthusiasm, not boring at all and of course, informative;
 - gave me useful tips for making the learning process more engaging;
 - Benefitted me hugely – in observing, discovering, realizing, being encouraged to be creative and to experience.
- Practicum sessions:
 - helped me a lot in gaining more confidence;
 - were very useful to revise straight away the teachings so that they sink in better;
 - were a valuable mirror – learned a lot from others. Good to experiment with what had just been revised.
- Meditation sessions:
 - Many times I felt bodiless. This helped me remain in a soul conscious state for a longer time.
 - were very good, clear, useful for when planning meditations for students;
 - were useful in identifying different ways in which guided sessions could be conducted. Got good clarity on different meditation tactics.

ORC is a great facility for this type of training due to its many venues, comfortable accommodation and most of all the attitude of service and caring of the ORC niwassis. Participants expressed their appreciation in the feedback:

- Very good!! Fantastic. Such loving care. All good and perfect. The best!
- Best Baba's room apart from Madhuban.
- I didn't feel I came to study. Felt like I was in a paradise.
- Dining – lovely; Transport – good!
- Very happy with dining – healthy food, light meals, variety, served with love and joy.
- Service in dining room very good. They were happy to look after special diets.
- Meals at ORC dining were my favorite part of the day. They felt like a 'slice of heaven'.

All thanks to Baba and the RCs for supporting these Teacher Trainings, and to ORC for hosting them. Special thanks to Asha Didi for your warm welcome and hospitality, to Br Brij Mohan for sharing on the topic of completion, and to Sudha Didi for participating so fully and providing such invaluable input on karma, cycle, Yagya history as well as Shrimat, Principles and Maryadas.

Raja Yoga Meditation Course Content and Delivery Training

22-30 October 2018

Om Shanti Retreat Centre, Delhi

