** Kundalini Collective Minnesota**

**Annual Report March 31, 2021**

Kundalini Collective Minnesota, in its role as a nonprofit community organization, shares our annual report with teacher members and all who support us.  This annual report reflects activities, events, projects and changes in 2020.

**Nirmal Lumpkin – Founder**

It’s been a big year in so many ways. Both in the world at large (pandemic, racial justice awakening and unrest, political upheaval fueled by misinformation) but also in our corner of the yoga world. It was just over a year ago that the revelations of Yogi Bhajan’s egregious misconduct and the problematic history of the organizations that hold the lineage of Kundalini Yoga were revealed broadly.  It's been a year when many have left the practice completely, while those of us who want to continue practicing grapple with the questions: What are we going to do now? How do these techniques need to evolve? What does this community look like now that we know about the rot in the roots?

We as a (local, national and global) community are still in the middle of this conversation. Right now there are more questions than answers. While there is some movement towards truth and reconciliation, there is still much work to do. I am proud of what the Kundalini Collective has done and stood for locally. We have decentered Yogi Bhajan from the Level 1 course, while having multiple frank conversations about the extent of his misconduct and the doubt that casts on the entire lineage of Kundalini Yoga.  We have removed reference to Yogi Bhajan from the KC website. We have made statements about our ongoing work in Anti-Racism and against sexual misconduct. And we’ve brought in a leading voice in the Anti-Racism conversation to lead a module for teacher trainees and KC members.

We’re nearing the completion of our 3rd teacher training program!  This course has been unlike any other Level 1 that has ever happened locally (and perhaps in the world). Before the course even began, we were in deep conversation with the incoming trainees about the upheaval in our community and the uncertainty about how--or even if--the lineage of kundalini yoga could--or should--continue. Those conversations have continued throughout the course.

On a personal note- I have said “I don’t know” as a trainer more in this course than maybe all the other courses I’ve ever taught in.  These revelations are causing us all to question the structure of how we practice, what parts feel sacred and important, and how we will carry them forward and avoid the (now obvious) trap of being a powerful, charismatic yoga teacher. This questioning and uncertainty is--for me, anyway--VERY uncomfortable. And also, I believe the community and practices that emerge on the other side of this will be better, more inclusive, more powerful and safer.

Thank you for being a part of the Kundalini community here in Minnesota. I am deeply grateful to you all and look forward to more growth and transformation together!

PS: Stay tuned in the next few weeks as I will be sending out a video on the “State of Yoga” with more updates about what's happening in the Kundalini organization and hosting a few community discussion circles. I would love to see you there and hear what you envision for the future of Kundalini Yoga in MN.

**Joyce Paxton|Sat Narayan Kaur – President**

The Kundalini Collective Board of Directors was faced with many unprecedented situations in 2020: misconduct allegations against Yogi Bhajan (YB), the COVID 19 pandemic, and the killing of George Floyd in Minneapolis. In this rapidly changing local and world environment, we did our best to stay focused on our mission, which was to provide support for teachers and our community.

Following the allegations against YB, Sunderta Kaur led several community gatherings to help everyone understand and grapple with information about YB’s conduct. We ultimately removed all YB references from our website and other materials. We also developed a sexual misconduct policy that stated that we stand for the principles of inclusion, kindness and lack of harm to others. To further reduce the impact of YB on the practice of Kundalini Yoga, we also began to revise Sunday morning Sadhana. Sadhana is still transforming based on the ongoing community discussions led by Anna Mahan Tara Stumbras.

With respect to COVID 19, Sunday Sadhana continued using the Zoom format.  We cancelled the Level II Conscious Communication training scheduled for February and March. We purchased a Zoom contract that was made available to members. In the fall, Level 1 Teacher Training launched in a new hybrid format developed by the dedicated team of Nirmal Lumpkin, Jai Kirti Thomas, Anna Mahan Tara Stumbras, Mike Shore and Sukhtej Bolstad.

In response to the tragic killing of George Floyd in Minneapolis, Board members wrote and posted an anti-racism policy which states that, we recognize the devastating effects of systemic racism and white supremacy and we will seek ways to be of service to those who face and fight injustices every day. Members were also offered an opportunity to participate in Anti-Racism training for the yoga environment.

I know that in the future there will be more changes, more challenges, more questions, more difficult decisions, and more opportunity to grow and thrive.  As I leave, after four years as President, I know that the Kundalini Collective is in good hands, with talented, caring members, and a strong Board that will lead from their hearts.  To everyone in the Kundalini Collective family, I know you will continue to show up for each other, work together, and continue to build a supportive environment for all who are passionate about Kundalini Yoga, this yoga of awareness, and all its possibilities. Wahe Guru!

**Kate Jai Kirti Thomas – Trainings Coordinator**

**Level 1:** The anticipated Level 1 Aquarian Teacher Training & Advanced Study course happened on schedule, starting in September 2020 and will run through May 2021. This year’s course looked quite different from our previous courses, with adjustments made for the pandemic, racial reckonings and revelations of Yogi Bhajan’s misconduct. One of top priorities has been to maintain transparency before and throughout the course about YB, Olive Branch Report and evolution of KRI requirements for certification and their response to YB.

Nirmal Lumpkin, in her lead trainer practicum year, took the lead and set transparency, integrity and inclusion as top priorities. This informed trainer selection, content curation and delivery, and discussion, leading to a number of changes in this year’s Level 1, including:

* Content
  + Decentering Yogi Bhajan and some of the more unsubstantiated topics from general content. (See Nirmal’s Founder’s Letter for more info.)
  + New revised textbooks/manuals\* issued by KRI after YB misconduct. This will be ongoing at KRI. Locally, we opted not to use the *Master’s Touch* text and Yogi Bhajan videos.
  + Addition of Anti-Racism module (10hrs, open to other KC teacher members), Critical Thinking Project, and increased focus on Yoga Sutras of Patanjali and the roots of yoga. *(This is a local change only.)*
  + Currently, no White Tantric Yoga requirement; alternative is Rebirthing Series.
  + New final exam.
* Logistics
  + Covid safety protocols and location changes, including outdoor venues, hybrid and virtual formats, in addition to time at Solomon’s Porch.
  + Addition of community gatherings before the start of course. This addition proved valuable in creating a sense of community in a virtual space, and in setting the tone for the course. Our summer community gatherings provided a forum for discussing YB allegations, curriculum adjustments and more with incoming students and course staff.
* Trainer Selection
  + Critically important to us--particularly at this unique time--was working with trainers who: are aligned with our values as an organization; believe the reports of misconduct and impropriety *and* are addressing that trauma in how they share the teachings of Kundalini Yoga.

This year’s course in numbers:

* Students enrolled: **11**
* Trainers: **7**  *(Nirmal Lumpkin, Kirn Khalsa, Nirvair Singh, Sada Sat Kaur, Rachel Sat Siri Dougherty, Amanbir Singh, Dr. ShamRang Khalsa)*
* Local experts who contributed: **2**   *(Michele Agia Akal Anderson on Yoga Sutras and Lauren Sat Rattan Asheim on Mantra)*
* Course staff: **5+**  Nirmal Lumpkin (lead trainer), Kate Jai Kirti Thomas (trainings coordinator), small group leaders *(Anna Mahan Tara Stumbras, Courtney Sukhtej Bolstad, Mike Shore)*. Additional support from Joyce Paxton and Wes Cutter.
* Scholarship Money awarded: **$1700** to individuals + cost of printed manuals

*\*New manuals/textbooks are available for purchase for any Level 1 graduate. The most recent edition is not the “final” version, but if you’re interested in purchasing a copy of the most up-to-date TT manuals, please reach out to Jai Kirti (*[*kctrainings@gmail.com*](mailto:kctrainings@gmail.com)*).*

**Future of Level 1:** To be determined. The Board will take on the question of the KC’s affiliation with KRI and our willingness to hold KRI-certified trainings going forward. For now, our intention is to continue working with Nirmal Lumpkin as a lead trainer and maintain many of the content changes from this year’s course.

**Level 2:** Cancelled Conscious Communication course in 2020 due to state mandated stay-at-home order. We intend to hold this course in the late-fall of 2021. The Board approved adding a supplemental and required anti-racism module to every course we hold going forward, which we will integrate into the upcoming Level 2 module.

We anticipate some changes to course content, similar to those listed in this year’s L1 course, for example: no Yogi Bhajan videos/lectures, addition of anti-racism module, transparency around all conversation of YB misconduct.

**Anna Mahan Tara Stumbras - Sadhana Coordinator**

A lot has shifted in the Kundalini Collective's Sadhana offering this past year. In March 2020, due to COVID 19, we moved Aquarian Sadhana to Zoom and navigated how to best deliver this practice virtually. After some trial and error, along with the support of our community, this transition went as smoothly as possible. Then in December of 2020, as the community continues to navigate the YB findings, we gathered to discuss changing the format of Aquarian Sadhana. In January 2021, the format of our early morning sadhana changed to a 90 day kriya followed by a 31 minute meditation. Two more community gatherings were held, allowing all voices to be heard on this change and it was decided to continue the new format throughout 2021. It has been a year of transition for the Kundalini Collective Sadhana and we are so grateful for the love and support of our community.

**Sue Fitzgerald | Parampreet– Treasurer**

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| 2020 End of Year Report | |
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| Checking | $2,353.83 |
| Savings | $38,002.44 |
| Total | $40,356.27 |
|  |  |
| Expenditures | -$36,578.49 |
| Revenues | $53,566.86 |
| Net | $16,988.37 |
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| Scholarship fund balance | $2,347.41 |

The Board approved a spending policy.

**Communication Director:**

The Director of Communication position continues to increase in importance and time demands.  Communication provides the structure and connection for all of us in this yoga studio without walls.  Elle Lemler and Jessica Skilar initially assisted with maintaining our website and social media. Later, Jai Kirti Thomas and Anna Mahan Tara Stumbras assisted with the shift to online classes, meetings, and a hybrid Level I Teacher Training.  Recently, an Administrative Assistant was hired to further support our communication efforts and to update our files and systems. We look forward to strengthening all aspects of communication with Anna Mahan Tara Stumbras as Administrative Assistant, Lauren Asheim/Sat Rattan as Newsletter Editor and a Michael Anderson as Communication Director.

**Thank you for stepping up!** We acknowledge all the ways our members visibly and quietly serve and support this community.

**Past and Present Board members**:Michele Anderson, Mary Christensen, Sue Fitzgerald, Julie Hartmans, Elle Anna Lemler, Nirmal Lumpkin, Abby O'Keefe, Jessica Skilar, Sharon Sunders, Anna Mahan Tara Stumbras, Jai Kirti Thomas, and Denise Ward.

**Mantra Night leaders** **:** Sue Fitzgerald, Julie Hartmans, Dorothy Jordan, Sunderta Kaur, Elle Anna Lemler, Nirmal Lumpkin, Jessica Skilar, Sukhtej Bolstad, Wes Cutter and Jai Kirti Thomas.

**Scholarship Event Committee** **:** Adeline Meynier, Michele Wolf, Julie Hartmans, Michele Agia Akal Anderson, Linnea Buffie, Dorothy Jordon, Wes Cutter and Sukhtej Bolstad.

**Scholarship/Financial Aid Process and Selection Committee 2018**: Diane Harder, Sue Fitzgerald and Nancy Bagshaw-Reasoner.

**Scholarship/Financial Aid Process and Selection Committee 2020**: Diane Harder, Nancy Bagshaw-Reasoner, and Dorothy Jordan.

**Membership Chair**: James Riley

**Sadhana Leaders:** Nirmal Lumpkin, Dorothy Jordan, Anna Mahan Tara Stumbras, Julie Hartmans ,Sat Nishan Ndosi, Sukhtej Bolstad , Mary Christensen, Jai Kirti Thomas, Wes Cutter, James Riley, Elle Lemler, Adrien Pozzi, Marnie Bounds and Julie Hill.

**Small Group Leaders Level 1 2018**: Sukhtej Bolstad, Denise Ward, Dorothy Jordan, Julie Hartmans, and Jai Kirti Thomas.

**Small Group Leaders Level 1 2020** **:** Sukhtej Bolstad, Mike Shore, and Anna Mahan Tara Stumbras.

**Yogi Tea Master**: Sunderta Kaur

**Newsletter Editor**: Lauren Asheim /Sat Rattan

**General back-up** **:** Wes Cutter

**Visionary**: Nirmal Lumpkin

**Sadhana Space**: Jeffrey Austin (River Garden Yoga Center)

**Kundalini Collective Minnesota is a 501(c)(3) non-profit yoga teacher support and training organization in association with the Kundalini Research Institute and Minnesota State Department of Education.**