



White Tantric Yoga® Monitor Guidelines

Before WTY begins, monitors should be in the room to:

- Help seat people in rows
- Find partners for students that come alone
- Set the lines so that there are no empty spaces (gaps in the line)
- Be sure each participant has a white head covering that completely covers their crown to almost the bottom of the back of the head (around hairline).

Once WTY begins, monitors are essentially the eyes and ears of the facilitator. Their job is to help people go through the experience gracefully.

- Pay attention to the description of the exercise by Facilitator
- Monitors are not to do the demonstration during the Facilitator talk or during the video as oftentimes they confuse people and distract them from listening to Mahan Tantric; they start going into the posture beforehand.
- Pay attention to the video showing the Kriya.
- If you do not understand the kriya, check with the facilitator for further instruction.

For the first 5-10 minutes of each exercise, monitors should walk up-and-down the lines making sure people are doing the kriya correctly.

- Try to do the correction non-verbally; talking can be very distracting.
- If during the kriya a person is slumped over or something similar, gently touch their shoulder and lower back in a way that will indicate to the participant to straighten up. However, if a person continuously does not hold their concentration, the monitor should let them be.
- Keep your attention on participants.
- Do not stand in the indicated mudra or posture, or chant during the kriya.

Basically, the monitor's job is to help people go through the experience gracefully. Monitors are the eyes and ears of the facilitator who cannot always see what each person is going through or what they need.