

KAUR LIFE VIRTUAL RETREAT



AUGUST 2020

2020

KAUR LIFE VIRTUAL RETREAT



W E L C O M E

We are so excited to have you at Kaur Life's first virtual retreat. Our hope is to connect around our shared love for Guru Sahib, to spark conversations, provide resources and inspiration, and fill a need for sangat during this time of isolation.

The Kaur Life Virtual Retreat will strive to be a space where we can cultivate a Kaur sangat that is conscious of worldly barriers, but is not limited by them. Together, we hope to learn and grow on the path towards Gurmat-based liberation.

We are looking forward to being in sangat with you all! As always, reach out to us at hello@KaurLife.org if you have any questions. See you (through a computer screen) soon!

V A H E G U R U J I K A K H A L S A !

V A H E G U R U J I K I F A T E H !

CONTENTS

Schedule

Logging into Zoom

Ground Rules

Session Info

Guest Speakers

Retreat Organizers

Who's at Retreat

Posting on Social Media

About Kaur Life



SCHEDULE

Kindly make sure you're available and signed in for all sessions.

We will be locking each session 5 minutes into its start time, so we advise you to log in at least 10 minutes early to get settled and make sure you are comfortable with Zoom.

NOTE: All times are listed in Pacific Time.

FRIDAY

TIME PDT	FRIDAY, AUG 7 Optional
5:00pm - 5:15pm	Introductions
5:15pm - 5:30pm	Getting to know our Sangat
5:30pm - 6:30pm	Ice Breakers



SATURDAY

TIME PDT	SATURDAY, AUG 8
6:30am - 7:45am	Divan -Naam Simran -Shabads -Anand Sahib -Ardas -Hukam & Interpretation
7:45am - 8:00am	Break
8:00am - 9:30am	Workshop 1: Holistic Wellness from a Gurmat Perspective
9:30am - 10:00am	Break
10:00am - 11:30am	Workshop 2: Unlearning Internalized Patriarchy & Misogyny
11:30am - 12:30pm	Small Group Discussions

SUNDAY

TIME PDT	SUNDAY, AUG 9
6:30am - 7:45am	Divan -Naam Simran -Shabads -Anand Sahib -Ardas -Hukam & Interpretation
7:45am - 8:00am	Break
8:00am - 9:30am	Workshop 3: Gurbani Vichar - Developing a Personal Connection with Guru Sahib
9:30am - 10:00am	Break
10:00am - 11:30am	Panelist Q & A
11:30am - 12:30pm	Small Group Discussions

ZOOM LOGISTICS

To ensure that things run smoothly please read and understand the following guidelines.

1

be on time

- Please be punctual so that we may respect each other's time. This will also ensure we work out any technical issues that may pop-up at the beginning of the meeting.
- After a five minute grace period, we will be locking each session. That means you will not be able to join the session late. This is to prevent trolls and hackers from entering the retreat.

2

setting up

- Be in a quiet spot where you won't be disturbed.
- Have good lighting. (Tip: try not to have a window behind you, rather sit facing a window).
- Be as close to the router as possible for optimal internet connection.
- If there is more than one person in your house who has signed up for the retreat, please ensure that each of you is logged into Zoom using your own, individual accounts. We will be breaking out into small groups for discussions so each of you will need to have your own device; sharing will not work. If this will be challenging for you, please contact us ASAP at hello@kaurlife.org
- Have session materials ready, if applicable. (Refer to the shared [Google Drive folder](#)).

3

logging-in

- Download Zoom, if you don't have it already.
- If you've never used it before try it out with a friend and watch this quick tutorial.
- Our friend Maneetpaul Singh gives some good Zoom etiquette tips in this video.
- We will email you with a retreat conference Zoom link on the morning of Friday August 7th.
- Click on the Zoom link in the email.
- Log into Zoom using the same email you registered for the retreat. We will only allow registered emails into the Zoom conference so, if you need to change the email address with which you registered for the retreat, please email us ASAP hello@KaurLife.org.
- When you log-into Zoom, you will be automatically muted.
- Please make sure your display name is your real first name. Make sure your Zoom screen name has your name and city/location (e.g. Isha Kaur - TX)
- Once you have successfully logged-in and joined the retreat, please stay logged-in and keep your Zoom account open for the entire day.
- Have a second device ready (additional computer, tablet or phone) for interactive elements.
- Shared Folder: Upon registration you will be added to a shared folder with documents relevant to retreat and specific workshops. Please check this regularly and make sure that all necessary material is understood prior to joining retreat.

Kaur Life Virtual Retreat

Stepping Away from Zoom

Being a part of the entire retreat will help create a feeling of familiarity and sangat amongst everyone. It also helps keep the technology side of things more streamline. But, we get it, sometimes you might need to step away. Perhaps you have you use the bathroom, or you dog just threw up all over the carpet, or your baby had a diaper explosion. Whatever the reason, keep the following in mind:

1. Do NOT log out of Zoom. If you do so, we might not be able to let you back in.
2. Do NOT leave the session. If you do so, we might not be able to let you back in.
3. Mute your audio & turn off your video, but **STAY IN THE SESSION.**



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4

chat

To prevent distraction for our guest speakers, we will be disabling the larger group chat. You will be able to chat the Kaur Life planning team individually for any technical issues or other questions.

5

q&a

Instructors will share with you how they would like you to interact during the meeting. There may use features like raising your hand, participating in the provided online learning tool, Mentimeter, etc.

If you would like to ask the panelist or guest speakers a question you can do so through [this Google form](#).



mentimeter

- Get to know the interactive learning tool, [Mentimeter](#).
- You'll need a second device (like a phone or iPad) with stable internet connection.



help

If you need help, use the Zoom Q&A or chat to contact a co-host (Harleen, Lakhpreet, or Isha) or email hello@KaurLife.org



Ground Rules

*To help create a loving space for our fellow retreaters,
we ask that you read through and understand the following guidelines.*



dress

- Since we will be doing Simran + Nitnem together and are trying to foster a Guru-centered environment for the weekend, please dress appropriately.
- All participants will be expected to have their heads covered for the duration of retreat.

recording

We will only be recording the guest speakers of session 1. No other sessions or discussions will be recorded. Please refrain from recording anything without first obtaining consent.

small group discussions

We are dedicated to maintaining a respectful retreat that actively engages in lively discussions about Sikhi. We will strive to maintain a respectful & thoughtful space and invite you to be supportive of each other's identities & experiences. Please keep the following in mind while having small group discussions during retreat.

listening

- Listen respectfully and do not interrupt.
- Be attentive; listen to understand.
- Be engaged. Especially when we are online, it is easy to get distracted by other things. Please give your energy to the people in your group (and the presenters!) so that you can get the most out of retreat.
- If you are a person who normally stays quiet, then try to share your thoughts.
- Show empathy.

speaking

- Be polite.
- Communicate to be understood.
- Remember that we come from very different backgrounds and experiences and there will be differences in ideas. Always center Gurmat and Gurbani in your conversations and know that we all have much more to learn, so there is no one who will have all the right answers.
- Use “I” statements to avoid potential conflicts from overgeneralizing your perspective or experience.
- Allow everyone the chance to speak. Encourage participation from everyone in the space, especially if you have been speaking more than others.
- Commit to learning, not debating. Comment in order to share information, not to persuade.
- Avoid assumptions about any member of the class or generalizations about social groups. Do not ask individuals to speak for their (perceived) social group.
- Criticize ideas, not individuals.
- Take responsibility for your comments.
- Engage in good faith dialogue.
- Try to speak in line with Gurmat to the best of your ability.

reject all hate

Reject all name calling, belittling, stereotyping, & bias. We are trying to create a safe & welcoming space at retreat. The following offenses will result in a warning. Upon a second offense, you will be excused from retreat & you will not be allowed to rejoin.

- Promotion of sexism, homophobia, transphobia, racism, casteism, classism, religious discrimination, ageism, fatphobia, or ableism.
- Discrimination, rudeness, blame, inflammatory language, insults, hate, hostility, bigotry, profanity, derogatory words, & negativity
- Personal attacks
- Lewd, violent, or profane commentary.

pay attention to your feelings

Try to separate your strong feelings and triggers from the conversation and the person speaking. If you need to, excuse yourself momentarily to take a breath. For instance, if you feel triggered, you can say, “I need time to process this information and respond thoughtfully because it's new for me; do you mind sharing your perspective so I can digest it and think about it more before responding?" Or, you don't need to respond during the conversation; don't feel like you have an answer to everything that is being presented. Creating space and time between you and new ideas can give you time to digest and process.

consider the relationship

Remember, we all came to the retreat to learn, connect, develop a stronger Sikh sangat, and to become closer to Guru Sahib. If we want to keep building a community of Kaurs, it's important to ask yourself whether taking it to a negative level is worth it. Be mindful with what and how you say things, and keep the relationship in the forefront. Having a little compassion and empathy goes a long way towards others being open to what you're saying. As you engage in conversations, remember that they come to conversation with their own unique history, background, perspective, and experiences.

know when/how to mute

The mute button is your friend in Zoom. When your device picks up any sound, zoom grabs your screen and puts you front in center. That's great if you are answering a question or adding a comment. However, it's not so great if your siblings are playing loudly in the next room. Turn on mute and keep it on until it is your time to speak.

help

If you need help, use the Zoom meeting features to “Ask for Help” which will call a host (Harleen, Lakhpreet, or Isha) into the room, or email [Hello@KaurLife.org](mailto>Hello@KaurLife.org).



SESSIONS

1. Holistic Wellness from a Gurmat Perspective

The objective of this session is to develop more awareness & knowledge amongst Sikhs who experience menstruation; understand its potential hormonal impacts on mood/mental health; discuss potential solutions & responses that are rooted in Gur-bani; and provide information on preventative and holistic wellness plans (physical, nutritional, mental, etc.) that can be instituted in an accessible way (with regards to ability, financial status, etc.).

*Guest Speakers: Jaspreet Kaur, navkiran "navi" kaur,
Rapinder Kaur, & Sangeeta Kaur*



2. Unlearning Internalized Patriarchy & Misogyny

The objective of this session is to deconstruct how internalized misogyny manifests as low self esteem/confidence. This may result in women tolerating abusive or unhealthy relationships, or the slandering other women. We will discuss the root of these behaviors and how recognizing our “Divine Origin” will root us in Truth that can eliminate the root cause of internalized misogyny.

*Guest Speakers: Gurleen Kaur,
Jasmin Kaur, & Mallika Kaur*

3. Gurbani Vichar - Developing a Personal Connection with Guru Sahib

The objective of this workshop is to assist participants in connecting with a Shabad on a personal level, to ground our conversations in Gurbani, and have interesting discussions about what Shabad themes look like in Sikh history, rehat, Gurmat, and contemporary issues.

*Guest Spakers: Balpreet Kaur,
Japman Kaur, & Ramandeep "Rimmy" Kaur*

SPEAKERS

Session 1: Holistic Wellness from a Gurmat Perspective

Juspreet Kaur



Juspreet Kaur (she/her) is a holistic nutritionist & Natural Family Planning teacher. She has facilitated workshops across the U.K. on well-being for non-white women, menstruation, fertility, & DIY skin care products (as radical self care). Her debut EBook “Deeper Than Beauty” showcases her go-to DIY skin care recipes, along with stripped-back tips on how to care for your skin in an affordable way.

Website: www.kaurhealth.co.uk

Twitter: [@KaurHealth](https://twitter.com/KaurHealth)

Instagram: [@KaurHealth](https://www.instagram.com/KaurHealth)

Rapinder Kaur



Rapinder Kaur (she/her) is a Registered Psychotherapist, Art Therapist, public speaker, facilitator, clinical supervisor, board member, & founder of Art as Therapy, a community based therapy practice. She has worked with children, teens, adults & parents for 23 years and is passionate about supporting her clients to tap into their innate creativity, believing they have what it takes to manage & overcome even the most difficult of life's challenges. She also supports organizations with system change work by offering diversity, equity & cultural humility workshops & training.

Website: www.artastherapy.ca

Twitter: [@artastherapy](https://twitter.com/artastherapy)

Instagram: [@rapinderkaur5](https://www.instagram.com/rapinderkaur5)

Instagram: [@art_as_therapy](https://www.instagram.com/art_as_therapy)

navkiran “navi” kaur



navkiran "navi" kaur (she/they) is an abolitionist, healer, artist, astrologer, & self-proclaimed nerd. Currently, they work full time at Code2040 as a program associate where they have the honor to work with Black & Latinx computer science students & empowers them with the tools & knowledge for racial equity organizing. Before COVID-19, navi managed & participated in providing doula services for pregnant incarcerated folks. navi has a b.a. in Black studies from UC Santa Barbara & their long term goals include providing first response mental health care, life coaching, & nurturing a farm with loved ones. In their free time, navi enjoys making things with their hands, taking care of their cat & plants, re-reading Harry Potter for the millionth time, & eating.

Website: www.nvknkr.com

Twitter: [@nvknkr](https://twitter.com/nvknkr)

Instagram: [@nvknkr](https://www.instagram.com/nvknkr)

Sangeeta Kaur



Sangeeta Kaur (she/her) has been a Sikh educator for over 20 years through various Sikh camps & retreats. She began teaching at summer camps as a teenager & through the years has expanded her involvement to include strategic planning and organization of various Sikh youth education events. Sangeeta went to college at Rensselaer Polytechnic Institute where she majored in biology with a concentration in philosophy. She then went on to medical school at Albany Medical College. Doing her residency training in obstetrics & gynecology, she had a focus on under-served communities. She is currently an associate professor at Oakland University-William Beaumont School of Medicine, is the Section Chief for the generalist OB/GYN division & practices at Beaumont Health-Royal Oak.

Website: www.sikhyouthalliance.org

Twitter: [@kurbaani](https://twitter.com/kurbaani)

Instagram: [@rkaursangeeta](https://www.instagram.com/rkaursangeeta)



Session 2: Unlearning Internalized Patriarchy & Misogyny

Gurleen Kaur



Gurleen Kaur (she/her) is a sexual violence prevention educator at MIT. She is a lover of people & the Sikh diaspora.

She has hopes & visions of Sikh communities being more open about sex, dating, & relationships. Her work on violence prevention centers on minimizing shame, secrecy, & taboo around these topics. In her spare time, she has recently organized 2 Queer Sikh Meet Ups. Follow her @greengurleen on IG in order to learn more about her events for queer folks & allies.

Instagram: [@greengurleen](https://www.instagram.com/greengurleen)

Jasmin Kaur



Jasmin Kaur (she/her) is a writer, illustrator & poet living on unceded Sto:lo territory. Her writing, which explores themes of feminism, womanhood, social justice & love, acts as a means of healing. As a poet & creative writing facilitator, she has toured across North America, the UK & Australia to connect with youth through the power of artistic expression. Her debut poetry and prose collection, *When You Ask Me Where I'm Going* (2019), is available with HarperTeen in North America & with Penguin Random House in the Indian Subcontinent. Her sophomore novel, *If I Tell You The Truth*, releases with HarperTeen in Winter 2021.

Website: www.jasminkaur.com

Twitter: [@jusmunkaur](https://twitter.com/jusmunkaur)

Instagram: [@jusmun](https://www.instagram.com/jusmun)

Mallika Kaur



Mallika Kaur (she/her) is a lawyer & author who focuses on international human rights with particular attention to gender & minority issues. She is the author of “Faith, Gender, and Activism in the Punjab Conflict: The Wheat Fields Still Whisper,” highlighting Punjab’s hazardous human rights movement. Kaur has worked with victim-survivors of gendered violence since 2003, including as an attorney, emergency room crisis counselor, & an expert witness on domestic violence. She is the co-founder & Board Chair of the community-based nonprofit, Sikh Family Center, focused on promoting healthy & violence-free families across the U.S.

Website: punjabconflict.org

Twitter: [@mallikakaur](https://twitter.com/mallikakaur)



Session 3: Gurbani Vichar Developing a Personal Connection with Guru Sahib

Ramandeep “Rimmy”
Kaur



Ramandeep (she/her) is an extroverted introvert who loves Panjabi cooking, kirtan & community building. She loves meeting new people, diving deep into learning new things, & bringing people together. In the daytime, she puts these skills to use as the global product trainer at a tech startup in the bay; on nights and weekends she's out making new best friends with strangers she meets in other countries at a local pizza spot.

Instagram: [@rimmykayy](#)

Japman Kaur



Japman Kaur (she/her) has a passion for leading community work & projects, especially involving youth with organizations like Sikh Youth Alliance of North America (SYANA). She co-produced the documentary, "Pingalwara: In Letter & Spirit". She has been actively attending & organizing Sikh Gurmat camps & retreats for the majority of her life & hopes to continue staying involved in Panthic projects. Japman Kaur is a Program Coordinator at McGill University. She loves to bake, try new recipes, & genuinely appreciates a good nap.

Twitter: [@chakvee](#)

Instagram: [@chakvee](#)

Balpreet Kaur



Balpreet Kaur (she/her) is an educator, activist, & organizational psychologist with a passion for social impact, research & all things that prompt a deeper reflection on the complexities of life. She's a firm believer that the world is held up by compassion and courage. Because of this, Balpreet has worked & volunteered extensively with nonprofit organizations across various sectors, including health care, humanitarian aid, & housing to create strategies that increase organizations' capacity to be better, think better, & ultimately, do better.

A lifelong learner, she graduated with a Master's of Science in applied psychology from the University of Southern California as well as two bachelor's degrees in international development & neuroscience from the Ohio State University. You may find her teaching, translating texts, learning languages, knitting, baking, watching psychological thrillers, or reading any & every book that strikes her brain cells.

Twitter: [@balihaaree](#)

Instagram: [@balihaaree](#)



RETREAT ORGANIZERS



Isha Kaur

Twitter: [@ikaur319](https://twitter.com/ikaur319)

Instagram: [@adventurepupgrimm](https://www.instagram.com/adventurepupgrimm) & [@ishakaur319](https://www.instagram.com/ishakaur319)

Isha Kaur (she/her) is passionate about mentoring the next generation of Sikhs, and has organized and attended multiple Sikh camps and workshops in Chicago, New York, Houston, Austin, and San Antonio. She founded and regularly organizes Camp Sadh Sangat in San Antonio and is a lead facilitator for Camp Sikh Virsa in Chicago. Through these various camps and workshops, Kaur has engaged youth ages 7 and older on tough topics that are important to the Sikh Panth, including topics on kesh, accepting Amrit, gender roles, and seva among many others. Kaur has also fostered a successful career as a marketing consultant in Austin, TX. She currently works at Anaconda, Inc. and is also developing her own marketing firm, Kaur Consulting Group. She tries to leverage her voice to be an activist in her professional space as much as possible by being head of the Diversity & Inclusion committee, taking part in events with Austin Justice Coalition, and more.





Harleen Kaur

Website: www.kaurharleen.com

Harleen Kaur (she/her) is a community organizer, educator, and scholar. A Sociology PhD candidate at UCLA, she studies the intersection of racialization, collective trauma, and nationalism through the story of the Sikh diaspora and our quest for belonging. Her passion project is utilizing Sikhi's radical notions of humanity as a driver for higher community consciousness rooted in an intersectional, anti-oppression framework. Much of Harleen's inspiration, voice, and vision was cultivated during her year as a Bonderman Fellow, when she backpacked solo through fifteen countries to better develop a global framework for liberation and sovereignty.



Lakhpreet Kaur

Website: www.lakhpreet.com

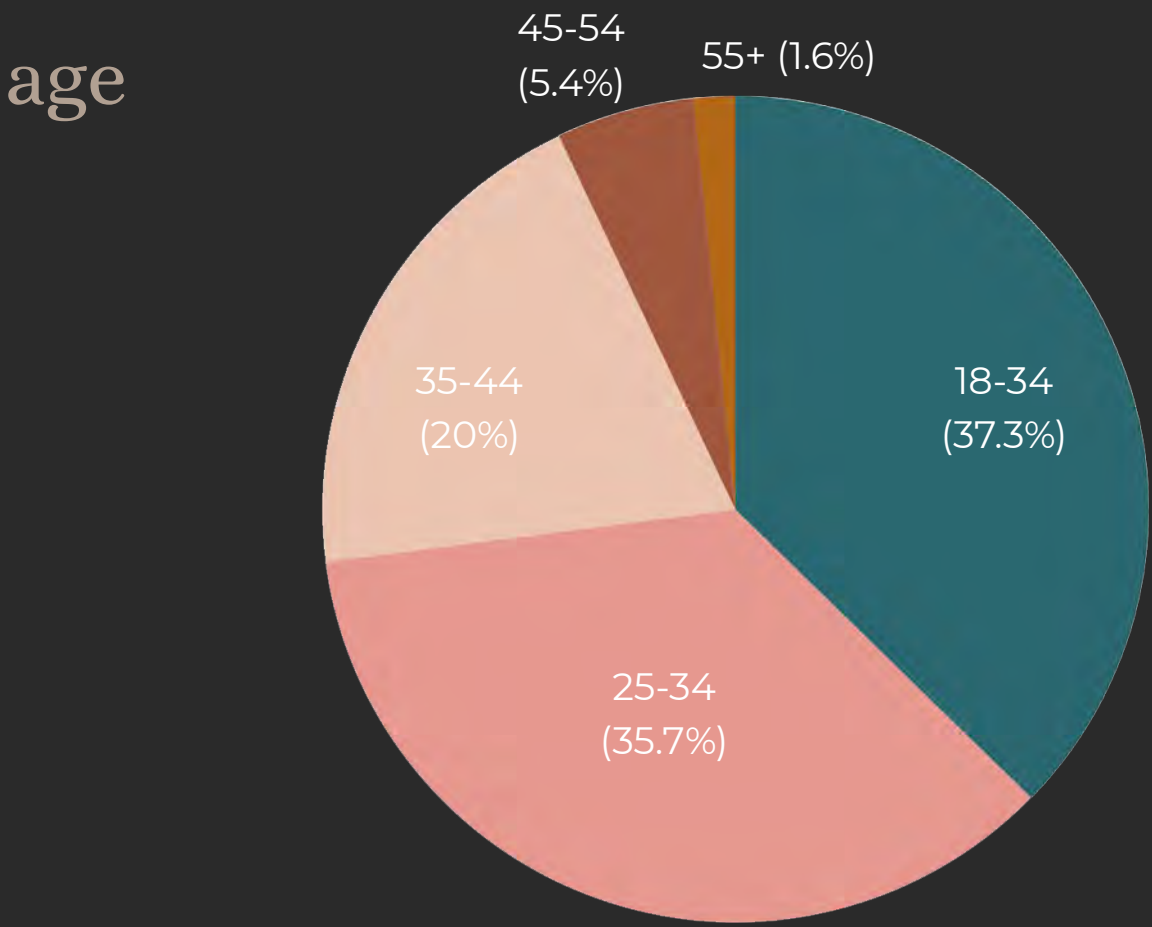
Instagram: [@lakhpreetphoto](https://www.instagram.com/lakhpreetphoto)

Lakhpreet Kaur (she/her) is the founder and editor-in-chief for Kaur Life. Lakhpreet grew up going to Camp Sikh Virsa and several other camps around North America. It was here, along with stories and conversations with her parents, that she learned about Sikhi. Lakhpreet earned a BA in Political Sciences at the University of Wisconsin, Madison and her MA in International Environmental Policy at the Monterey Institute of International Studies, and did a year of post-graduate studies at American University studying international relations. Lakhpreet is also a freelance writer & photographer and has been published on NBC News, Ms. Magazine, Brown Girl Magazine, and other online journals.

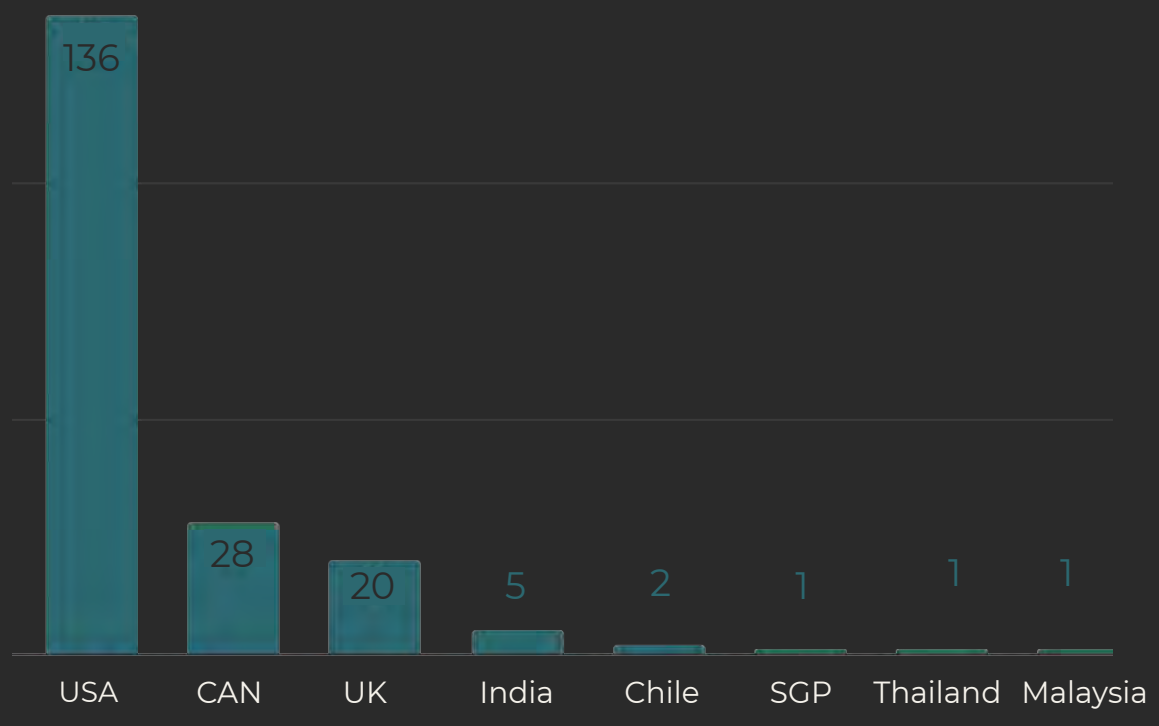
Lakhpreet's personal purpose is to help create a more just, compassionate, sustainable, and creative world, specifically through healing the environment, advocating for Sikh rights, and promoting women's empowerment while embracing beauty and humor.

Who's at Retreat?

participants 195 Kaur's



location



Social Media

hashtags

Use these hashtags when posting about the retreat!

#KaurLife #KaurLifeRetreat2020

guidelines

When posting quotes, please attribute them to the speaker and, if possible, tag them.

If you take a screenshot of your small group, only do so after obtaining everyone's permission.

If you take a screenshot during the session, only take them of the guest speakers, NOT participants. If participants do end up in your screenshot, blur them out before posting online.

IG sticker

We created a retreat and Kaur Life sticker for you to use on Instagram. They are located in the [Google Drive retreat folder](#). Check out the "Instagram Stickers" document to find out how to use them.

About Kaur Life

Established in 2014, Kaur Life is a registered, non-profit, online magazine, striving to be the premier Sikh women's publication. It is infused with gurmata and tailored for young Kauras. Kaur Life hopes to be a space where Kauras can express their ideas, share stories, and learn more about their Sikh culture to empower themselves. Kaur Life is primarily user-run, meaning that the public and Kaur Life readers submit content to be published on the website.

about

history

Kaur Life emerged out of Kaur Thoughts, a blog started in 2012 that was dedicated to exploring Sikhi & gender. Lakhpreet Kaur started the blog because she felt there was a need for an online resource for Kauras to explore women specific issues, interact with each other, & be inspired by other Kauras.

A special thanks to the Sikh Spirit Foundation, the Dasvandh Network, and all sevadars. Their generous support made Kaur Life possible!

mission

- to provide Kauras with resources to guide them on their Sikh journey
- to capture and document narratives, experiences, and histories of Kauras
- to develop thought-provoking articles that facilitate discussion on Kaur-issues
- to create a community of belonging and friendship of Kauras that facilitates growth, partnership, and teamwork

vision

To have a world where:

- Kaur's are empowered with self-confidence and the spirit of Sikhi to embrace challenges and pursue their dreams
- Kaur's are supported and celebrated in every aspect of life
- Kaur's are steadfast and solid in their identity as Sikhs
- Kaur's have the opportunity to live up to their full potential

values

These are fundamental beliefs of Kaur Life and the principles that guide our actions:

Integrity: We strive to be honest in our writing: making sure our actions, thoughts, and products are all consistent with our values. We strive to make sure that we attribute ideas to their owners and are accurate in their presentation. In this manner, we strive for excellence and truth through thoughtful and mindful actions.

Courage: We strive to be fearless in our pursuit for truth and presenting creative and original ideas. We believe the freedom of thought and imagination leads to originality and boldness.

Open-mindedness: We strive to present all points of view and provide a platform for diverse opinions, which we hope, will lead to awareness, curiosity, and discovery through learning.

Compassion: We strive to be thoughtful and respectful of all opinions and treat everyone with love while recognizing their Divine Light.

Gratitude: We strive to operate with a mindset of thankfulness, gratefulness, and appreciation for our readers, our sangat, our panth, our benefactors, our patrons, our supporters, the Sikhs of our history, and Waheguru. We try to acknowledge the gifts and opportunities they have provided us in order to make Kaur Life a reality.

Over 200 people have written for or contributed to Kaur Life. We are so thankful for their seva. As a user-run publication, we are always on the search for contributors. For more information, view the "Submit Your Work" page on KaurLife.org or email us at Hello@KaurLife.org

write for us

resources

Whether you need information, assistance, or support we have compiled a list of resources to get you started! Head over to KaurLife.org/resources for more info.

contact

Get in touch with us!
We'd love to hear from you.

Website: KaurLife.org

Email: Hello@KaurLife.org

Instagram: [@KaurLife](https://www.instagram.com/KaurLife)

Facebook: [@KaurLife](https://www.facebook.com/KaurLife)

Twitter: [@KaurLifeOnline](https://twitter.com/KaurLifeOnline)



ENJOY THE RETREAT



VAHEGURU JI KA KHALSA!

VAHEGURU JI KI FATEH!

Kh