Chopra Health Enrichment Program Syllabus

In this live, blended online program, Dr. Deepak Chopra and experts guide you to deepen your Ayurvedic practice. You’ll learn to live in balance and develop personalized routines based on your specific physical, mental, and spiritual makeup—all while connecting with classmates and instructors through live Q&As and community forums. By the end of the program, you’ll understand the best foods, exercise, sleep, and seasonal patterns to optimize your personal well-being.

Once the program begins on the scheduled start date, its contents will be released each week, by session. The Enrichment Program is a 6-week course. You will have access to the program 12 months after the scheduled start date. The program requires an average six hours a week commitment in addition to your daily well-being practices. After completion of the Enrichment Program, you will be eligible to move forward with the Certification Program.

The Health Foundations on demand online course is included with the Enrichment Program. Participants will have access to this course upon enrollment.

The Enrichment Program includes:

- Bi-weekly Q&A webinars with Chopra faculty
- Quizzes and interactive lessons
- Weekly participant discussion and practice groups
- Discussion and Community forums for reflection, engagement, and connection
- Daily Practices

Course Overview

Nutrition II: Diving Deeper

Learn how to use food, herbs, and spices to prepare balanced meals with all the nutrients and increase nourishment through mindful eating practices. Understand the principles for digestion, detoxification and health, including agni, our ability to digest our food, emotions, and everything we experience.

Movement II: Diving Deeper

Deepen your wellness journey with yoga and breathing techniques that enhance calm and focus by balancing the nervous system. Practice mindful movements to balance each of the doshas.

Sleep II: Diving Deeper

Understand how to align the body’s rhythms with the patterns of nature to get deeper, more restful sleep, and create a consistent sleep and bedtime routine. Explore the science and benefits of restful sleep.

Meditation II: Diving Deeper

Discover the basics and many benefits of meditation. Learn techniques and meditation tips to reduce stress, increase gene activity, and enhance well-being.
Emotions II: Diving Deeper

Define emotions and our deepest human needs. Identify emotions with the doshas. Explore empowering methods to communicate and express our needs. Experience emotional clearing techniques to release unresolved emotions—leading to greater health, happiness, and success.

Self-Care II: Diving Deeper

Create a daily self-care routine for lasting health and happiness, including new practices that soothe and heal the body through each of the five senses. Learn balancing techniques through sound, touch, sight, taste, and smell for each of the doshas.

Program Commitments

Completing these commitments will average an estimated six hours per week (or average of 30-40 minutes a day), in addition to your well-being practices.

- Complete the Health Foundations on demand online course.
- Read the written content in each session, including resources.
- View video content and listen to audio content.
- Complete session quizzes. If you do not pass a quiz the first time, you may take it again.
- Connect with your fellow students through the community discussion forums.
- Participate in live webinars with Chopra faculty.
- Meet with interactive discussion groups.
- Integrate information and practices

Live Q&A Webinars

There are bi-weekly Q&A webinars (60 minute sessions) where you may ask your course content questions and receive immediate feedback from our faculty. You may also ask your questions in the course discussion forums, which are regularly moderated by instructors. The webinars will be recorded and available for later review. A schedule of the webinars is provided at the start of the program. Please note that if you ask a question which is well outside of the scope of the program or can be easily found in course materials, you may be redirected or your question left unanswered.

Community Discussion Groups

Many students report that the sense of like-minded community among participants is one of their most treasured features of their Chopra educational experience. There are robust social and community forums in the course where you can start threads to connect with students.

We also assign (based on time zone) participant groups of 4 and recommend that you meet weekly with your group to discuss course content, practice, teach, and reflect about your course experience. After initial groups are set up, these weekly discussions are organized and scheduled by participants. This is highly recommended though not mandatory.
Basic Technical Requirements

The basic equipment needed for the online course is a computer or mobile device, internet access, microphone, speakers, and web camera. The live Q&A conferences with Chopra faculty are through Zoom, the application will need to be downloaded to a device to use. Conferences can also be accessed by phone.

Information is subject to change.