

***Perfect Health: Ayurvedic Lifestyle* Online Teacher Training Certification Program Syllabus**

Chopra's *Perfect Health: Ayurvedic Lifestyle Certification Program* is an intensive immersion into the teachings of Ayurveda as translated by Dr. Deepak Chopra and Chopra educators.

The Certification Program continues where the Enrichment Program leaves off, with additional in-depth sessions that will deepen your knowledge of Ayurveda as you gain the confidence and skills to become a certified *Perfect Health: Ayurvedic Lifestyle* instructor. During the program, you will experience a deep immersion in Ayurveda and Vedanta, a timeless philosophy for living in balance and moving from constriction to expansion. You will cultivate your own daily practices as you learn how to share the wisdom and practical tools of Ayurveda with your community.

As a certified instructor, you will be qualified to teach the Chopra's signature *Perfect Health: Ayurvedic Lifestyle* content, which leads people sequentially through the foundation and hands-on practices of mind-body health and Ayurveda. You will also be able to set up, market, and present the content and classes in a manner and frequency that works with your needs and schedule.

Dr. Deepak Chopra, Dr. Suhas Kshirsagar, Dr. Sheila Patel, Chopra educators, and world-renowned authors and teachers, lead the Certification Program. The program is highly interactive and engaging, offering you the opportunity to communicate through exclusive Facebook communities and discussion forums, participate in live video conferences with program educators, and work in online group sessions with other program participants and teacher training faculty members.

Once the online Certification Program begins on the scheduled start date, you will be able to log in and access the program remotely. The program is a 22-week course that requires a time commitment of approximately five to six hours a week, in addition to your daily Ayurvedic practices. Each session of the program will be released according to the program schedule, which you will receive once the course begins.

Each session of the Certification Program includes content in written, audio and video formats, reflection questions, quizzes, frequently asked questions, resources, and live video conferences with program educators. The program also includes a Daily Practices session with guided meditations, yoga instruction, and pranayama practices.

Course Overview

Session 1: Welcome to the Certification Program and the Art of Teaching

- Overview of the course – learn what you can expect from this transformational experience and receive expert guidance that will set you up to successfully complete the *Perfect Health: Ayurvedic Lifestyle Certification Program*.
- Begin creating and practicing personalized presentations of the course material – with the support and guidance of Chopra educators.
- Put public speaking and presentation techniques to work for you – including confidence boosters that really work.
- Discover how to help students easily overcome common challenges to creating an Ayurvedic lifestyle – and how to respond to commonly asked student questions as a compassionate, competent professional.

Session 2: The Practice of Yoga and Pranayama

- Receive instruction in a powerful restorative yoga flow – led by world-renowned yoga instructor Eddie Stern.
- Learn how to activate and regulate the flow of prana in your physiology – using specific yogic practices to engage the bandhas, or energy locks, in the bodymind.
- Deepen your practice of pranayama – with instruction in pranayama techniques that decrease stress, increase energy levels, and enhance the body's relaxation response.
- Explore the nadis, the network of channels through which energy flows – and discover how yoga, pranayama, and meditation help to clear these channels and promote health and spiritual awakening.
- Study the Eight Limbs of Yoga from the Yoga Sutras of Patanjali – and discover a practical roadmap for awakening to your higher self.

Session 3: Presentation Evaluations and Testing

- Through personalized presentations, demonstrate your mastery of the course materials – with the guidance and support of Chopra educators.
- Participate in evaluations that measure your understanding of the teacher training materials – and receive helpful guidance and feedback from Chopra teacher training faculty members.
- Complete and pass online test questions – as you review, integrate, and demonstrate your understanding of the material on a practical level.

Session 4: Teaching Specialty Groups and Ayurvedic Studies

- Receive training in teaching Ayurvedic lifestyle practices – to a variety of different groups and audiences.
- Develop a sense of the kinds of groups you would like to teach – when you become a certified instructor.
- Review the most recent scientific research and studies on Ayurveda – to expand your awareness of the benefits of Ayurveda and meditation for physical health and emotional well-being.

Session 5: Philosophy

- Learn about Jyotish, the Vedic science of astrology – and discover how Jyotish can help you evaluate your strengths, address challenges, and fulfill your true purpose and potential.
- Discover the Purusharthas, the four primary aims of human life – and learn how to work with them to create a satisfying, balanced, and meaningful life.
- Expand your knowledge of Vastu – an environmental science that addresses how your home and workspace influence your health, happiness, relationships, and success in life in very subtle, yet profound ways.
- Explore and practice the Seven Spiritual Laws of Success – powerful principles rooted in Vedic wisdom that will help you fulfill your deepest desires with ease and joy.
- The Universe Is a Human Construct – join Deepak for an exploration of the nature of reality that bridges the ancient wisdom of Ayurveda and modern science, focusing on consciousness as the source of all experience, including your thoughts, feelings, emotions, perceptions, and sensations.

Session 6: Ayurvedic Herbs

- Learn about the foundations of Ayurvedic herbology – including Ayurvedic pharmacology, using herbs to balance the doshas, and scientific research on the benefits of Ayurvedic herbs.
- Explore the top ten Ayurvedic herbs – and discover their benefits, properties, and how and when to use them.

Session 7: Pulse Assessment

- Experience a basic introduction to Ayurvedic pulse assessment – for your own personal use and self-awareness.
- Learn about the theory and practice of pulse assessment – and the valuable information it can provide about one's dosha type and state of balance and well-being.

Session 8: Teacher Resources and Business Best Practices

- Access to a wealth of Teacher Resources to support your practice – exclusively for Chopra certified instructors.
- Learn how to participate in a variety of affiliate and commission opportunities – created specifically for Chopra certified instructors.
- Access an exclusive teachers' portal – to download valuable teaching materials and marketing templates.
- Receive support in business development practices – to inspire you and help you grow your teaching practice.
- Learn practical teaching methods to facilitate classes of all sizes and levels – including techniques for beginning, intermediate, and advanced students/clients in private one to one, group, and virtual formats.
- Discover effective methods for teaching specialty groups – as you learn how to share the teachings of Ayurveda in specific settings.

Session 9: The Conclusion of the Certification Program and Graduation

- Reflect on everything you have learned in the program – and receive words of wisdom on your next steps on the teachers' path from the teachers who have guided you along the way, including Dr. Deepak Chopra, Dr. Sheila Patel, Dr. Suhas Kshirsagar, and other Chopra educators.
- Celebrate the completion of your journey to become a Chopra certified instructor – and receive a beautiful certificate to honor your completion and achievement.

Requirements for Certificate of Completion

- Completion of the *Perfect Health: Ayurvedic Lifestyle* Online Enrichment Program.
- Daily practice of the *Primordial Sound Meditation* technique. The *Primordial Sound Meditation* On Demand course is included with the *Perfect Health: Ayurvedic Lifestyle* Enrichment Program enrollment.
- Daily practice of Ayurvedic lifestyle principles and techniques.
- Participation in and completion of each required online session within the Certification Program.
- Participation in and completion of video conference sessions (live and/or view recordings).

- Completion of online testing and achievement of a passing score. Online testing includes interactive activities, online verbal presentation evaluations, and answering test questions. See Testing Requirements below for details.
- Certification is official upon satisfactory completion of requirements. All required testing must be completed and passed.

Testing Requirements

- Successful complete the *Perfect Health: Ayurvedic Lifestyle Online* teacher training content, which includes watching all the videos, reading the course materials, participating in the video conference and group sessions (live or recorded).
- Complete and pass an online test with a grade of 85% or higher. The online test is in the form of multiple choice, matching, and true/false questions.
- Complete and pass all online verbal lesson presentation evaluations.
- Testing outlines will be provided at the start of the program. All testing will be conducted online. See Basic Technical Requirements below.

Program Commitments

Throughout the teacher training, you will need to commit time to complete the following activities. Completing these commitments will average an estimated five to six hours per week (average about 30-40 minutes daily), in addition to your daily Ayurvedic practices.

- Read all written content within each session, including resources.
- Listen to the audio content.
- View the video content.
- Connect with fellow students through the community discussion forums.
- Participate in the private Facebook group (optional).
- Attend and participate in live video conferences for each session (recordings will be available if you are unable to attend live).
- Meet with interactive participant discussion and study groups via video conferencing during scheduled times (recordings will be available if you are unable to attend live).
- Prepare, practice teach, and complete all online verbal lesson presentation evaluations.
- Prepare for and complete the online test.
- Join the monthly group meditation sessions (recordings will be available if you are unable to attend live).
- Integrate information and practices.

Live Video Conferences

Each session in the Certification Program will include live video conferences. The live video conferences are an opportunity for participants to ask the program educators questions about the content within the sessions. Participants will be asked to post questions in the community forum before each of the scheduled video conferences.

The live video conferences are generally scheduled on a specific weekday at 12 pm (Pacific time). However, please note that video conferences may be scheduled at other times. A schedule with the video conference instructions will be provided during the program. Live video conferences are recorded and can be accessed after each of the scheduled dates. Video conferences are conducted through Zoom.

Study Groups

There will be five study group sessions during the Certification Program. Each study group session will focus on one specific *Perfect Health: Ayurvedic Lifestyle* lesson to review and discuss each of the key points within that lesson. This is an opportunity to ask teacher training faculty questions you may have about specific topics in each lesson in preparation for your online presentation evaluations. The study groups will be conducted through Zoom.

The study group sessions will be recorded and can be accessed after each of the scheduled sessions. Additional details regarding scheduled times and conference instructions will be provided during the program.

Participant Group Sessions

During the Certification Program, you are invited to attend the online participant discussion groups. Participant group sessions are highly interactive with discussions on content in the course sessions that have been released. Led by teacher-training faculty, these groups are another opportunity to ask questions and create community among your fellow students from around the world.

The sessions will be recorded and can be accessed after each of the scheduled sessions. A schedule with the instructions will be provided during the program. The group sessions will be conducted through Zoom.

Group Meditation Sessions

The group meditation sessions are an opportunity for teacher training participants from around the world to connect with each other in the stillness and silence of meditation. Each meditation strengthens your practice, and even experienced meditators can learn from the guidance and intention settings of a group meditation. The group meditations will also help you stay motivated and engaged in your meditation practice.

The sessions will be recorded and can be accessed after each of the scheduled sessions. A schedule with the instructions will be provided during the program. The group sessions will be conducted through Zoom.

Community Forum

The Certification Program includes a community forum for participants to interact with each other and communicate with Chopra staff members and instructors. It is a way to create community among all the participants worldwide. Only program content posts are allowed on the community forum. The community forum will be open and active only for the duration of the scheduled dates of the Certification Program. The community forum will close at the end of the program.

Facebook Group

The Certification Program has a private Facebook group to connect with other participants from around the world. Participants are encouraged to give and receive study tips, start discussions regarding program content topics, ask general questions, create connections and community. Joining the group is optional. Only program content posts are allowed on the Facebook group page. The group page will be open and active only for the duration of the scheduled dates of the Certification Program and will close at the end of the program

Optional Reading

Here is a list of the books to deepen your understanding of Ayurveda and mind-body health. The books are not required for the teacher training program and not included in the teacher training tuition.

- *Perfect Health*, by Deepak Chopra, M.D.
- *The Seven Spiritual Laws of Success*, by Deepak Chopra, M.D.
- *The Healing Self*, by Deepak Chopra, M.D. and Rudolph E. Tanzi, Ph.D.
- *MetaHuman*, by Deepak Chopra, M.D.
- *The Wisdom of Healing*, by David Simon, M.D.
- *Free to Love, Free to Heal*, by David Simon, M.D.
- *Change Your Schedule, Change Your Life*, by Dr. Suhas Kshirsagar
- *Ayurveda: A Quick Reference Handbook*, by Manisha Kshirsagar and Ana Cristina Magno
- *Ayurveda and the Mind*, by Dr. David Frawley
- *Nonviolent Communication*, by Marshall Rosenberg, Ph.D.
- *One Simple Thing A New Look at the Science of Yoga and How It Can Transform Your Life*, by Eddie Stern

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 video conferences will be conducted through Zoom and participants will need to download the application. The video conferences can be accessed online or by phone.

Note: This information is subject to change.