Chopra Health Certification Program Syllabus

The Certification Program is the next step after completion of the Enrichment Program. In this live, blended online program, you’ll gain the skills and confidence to teach personalized well-being to others. You’ll receive exclusive teachings and discover the latest scientific research—all while working in study groups with your peers to get hands-on experience sharing philosophy and technique. As a Chopra Health Teacher, you’ll be able to teach a variety of audiences, including companies, community centers, and private retreats, to enhance personalized well-being and guide others in their journey to achieving greater health and well-being.

Once the program begins on the scheduled start date, its contents will be released each week, by session. The Certification Program is a 10-week course. You will have access to the program 12 months after the scheduled start date. The program requires a five to six hours a week commitment in addition to your daily well-being practices. Upon successful completion of your certification completion requirements, you will be an internationally-recognized Chopra Certified Health Teacher.

The Certification 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
- Access to monthly Chopra Education Group Meditations
- Video-based assessment with instructor feedback
- Multiple choice assessments
- Practice teaching
- Daily Practices

Course Overview

The Art of Teaching Meditation

Prepare for the next steps in successfully completing the Certification Program. Learn to teach and present the Chopra Health curriculum with confidence. Explore the future of well-being through scientific studies and learn how Ayurveda influences genetic change. Learn the doshas at a deeper level.

Essential Concepts

Learn to teach the key topics in the Introduction to Nutrition and how to articulate them with ease, by using your own experiences and stories. Learn how to increase energy and well-being through nutrition and proper digestion with Ayurvedic principles.

Prepare to Teach: Ayurvedic Nutrition

Learn to teach the key topics in the Basics of Primordial Sound Meditation and how to articulate them with ease, by using your own experiences and stories. Discover the cycles of conditioning and meditation’s unique way of moving beyond constriction. Learn to teach others their personalized Primordial Sound mantra and how to use it naturally.
Understand the origins and pronunciations of the Primordial Sound mantras and how they are chosen for each individual.

Prepare to Teach: Mindful Movement

Learn to teach the key topics in the Introduction to Mindful Movement to instruct others in breathing techniques and creating an exercise routine for their dosha.

Prepare to Teach: Sleep

Learn to teach the key topics in the Introduction to Sleep and help others get deeper and more restful sleep. Understand getting abundant, restful sleep is one of the best ways to improve physical health and emotional well-being supported by scientific research.

Prepare to Teach: Meditation

Learn to teach the key topics in the Introduction to Meditation. Gain the skills to teach others how to meditate correctly to establish a daily practice and lead guided meditations.

Prepare to Teach: Emotions

Learn to teach the key points in the Introduction to Emotions to identify emotions, enhance relationships, teach others how to use empowering language and emotional release techniques to improve physical health and emotional well-being.

Prepare to Teach: Self-Care

Learn to teach the key points in the Self-Care session and guide others to establish a daily self-care routine and teach techniques to restore balance through the five senses. Understand the science around circadian rhythms, rest and activity, and balancing the doshas through sound, touch, sight, taste, and smell.

Teaching for Different Groups

Learn to teach a wide range of audiences with diverse backgrounds and needs. Discover unique methods for teaching in the workplace, members of the military, trauma sensitive, chronic pain, and more.

Business Development

Learn practical steps to successfully begin teaching as a Chopra Health teacher through business goals, marketing best practices, communication plans, and much more. Review methods to facilitate classes of all sizes and levels, in one to one, group, and virtual formats. Access an exclusive teachers’ portal upon certification completion.

Certification Completion Requirements

- Completion of the Chopra Health Certification Program.
- Read, watch, and complete all exercises in each session.
- Complete and pass quizzes with passing scores in each session.
- Submit a video recording of you teaching one topic from the course (approximately 10 minutes in length), demonstrating your ability to convey the course contents in your own words. You may select the topic and will receive guidance, including example videos. You will receive feedback from one of the course instructors.
Submit a practice teaching log indicating 10 practice teaching hours. You may count your practice teaching in the peer discussion groups towards this requirement.

Complete and pass an online assessment (questions are multiple choice and from session quizzes).

Certification is official upon satisfactory completion of requirements. All requirements must be completed and passed. You will receive a certificate of completion when all requirements are finalized.

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 daily meditation practice.

- Read the written content in each session, including resources
- View video content and listen to audio content
- Complete session quizzes
- Connect with your fellow students through the community discussion forums
- Participate in live webinars with Chopra faculty
- Meet with interactive discussion groups
- Practice teach with friends, family, and course peers
- Prepare for and complete certification completion requirements (see above)
- 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 four 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.

Group Meditation Sessions

The online 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. A schedule will be provided at the start of the program.
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 webinars with Chopra faculty are through Zoom, the application will need to be downloaded to a device to use. Webinars can also be accessed by phone.

*Information is subject to change.*