

## Chopra Meditation Certification Program Syllabus

In this live, blended online program, you will learn and integrate yogic texts and develop your personal meditation teaching approach. You'll receive exclusive teachings and get access to teacher tools and resources for building curriculum, business best practices, and learn the latest in meditation studies and research. You will deepen your knowledge and gain essential teaching skills to teach the four *Primordial Sound Meditation* classes, learn the *Primordial Sound* mantras, and explore an introduction to Vedanta. You'll engage and create community with your peers and faculty through interactive webinars.

This program, led by Deepak Chopra, M.D., Roger Gabriel, and Chopra Educators, will take you on a journey to enhance your own meditation practice and spiritual life, and provide the teaching foundations for sharing these practices with others.

Once the program begins on the scheduled start date, its contents will be released each week, by session. The Certification Program is a 16-week course. The program requires an average of six to eight hours of weekly commitment in addition to your daily meditation practice. Upon successful completion of your certification completion requirements, you will be an internationally recognized Chopra Certified Meditation Teacher.

### The Certification Program Includes:

- Interactive lessons and quizzes
- Weekly interactive webinars with Chopra faculty for discussion and Q&A
- Facebook community group for reflection, engagement, and connection
- Access to Chopra Education's monthly online group meditations
- Multiple choice assessments
- Practice teaching
- € Teacher tools and resources

### Course Overview

#### Session 1: Deepening Your Practice

Explore the origins and science of meditation. Dive deeper into the higher states of consciousness and learn how to use mindful awareness techniques to enrich your meditation practice.

#### Session 2: Mantras and Meditation Techniques



Discover the origins and purpose of specific mantras. Learn mantras such as the Gayatri mantra, Shanti mantra, So Hum, and shakti mantras to enhance your well-being and practice.

### **Session 3: Seven Spiritual Laws of Success**

Study the knowledge of each of the spiritual laws and learn how they affect day-to-day well-being, create a map to our true self, and our connections with others and nature.

### **Session 4: Eight Limbs of Yoga**

Explore the eight limbs of yoga from the *Yoga Sutras of Patanjali*, as a guide to live a more meaningful and purposeful life.

### **Session 5: Wisdom of the Chakras**

Learn the seven main chakras, how they affect our holistic well-being, and how to keep them in balance.

### **Session 6: Sharing the Practice**

Commit to establishing a daily meditation practice and understand that the true source of happiness does not depend upon external circumstances and how sharing the practices of meditation benefits self and others.

### **Session 7 - Introduction & The Art of Teaching and Presenting**

Get a brief introduction to Chopra Meditation Certification, then delve into the skills you'll need to become an effective meditation teacher—including presentation and teaching practices, the qualities of a teacher, responding to student questions, and public speaking.

### **Session 8 - Teaching Class 1: Introduction to Chopra Meditation**

Learn how to teach the first class of the Chopra Meditation program. You will get your students ready to receive their personal mantra instruction with an overview of the benefits of meditation, an introduction to the Gap, and information on the Layers of Life concepts.

### **Session 9 - Teaching Class 2: Personal Mantra Instruction**

You will learn how to instruct the Primordial Sound Meditation ceremony before teaching your student's personal mantra and then guiding them how to use it. You will also practice reciting the Shanti mantra chant.

### **Session 10 - Teaching Class 3: Perfecting the Practice**

Learn how to reflect on your students' experiences during their first Primordial Sound Meditation. You will teach students tips on how to incorporate the practice into their daily routine, preparing for their meditation, and the experiences in a meditation practice. Review leading group meditations.

### **Session 11 - Teaching Class 4: Higher States of Consciousness**

Learn how to teach the seven states of consciousness. Help your students understand how meditation supports in bringing their awareness to the higher states.

### **Session 12 - Customizing Your Classes**

You will learn ways to take the Chopra meditation class content and customize it to better support your students and teaching needs. You will also receive research papers and studies you can use to uncover the science behind the practice.

### **Session 13 - Integration Week**

Review the key points from each class you've learned using the study guide available in this session. Focus on practice teaching the class lessons and spend extra time during additional live sessions to ask questions and get answers from Chopra educators.

### **Session 14 - The Lifelong Learner, An Introduction to Vedanta and Yoga Sutras**

Explore and gain a deeper understanding of the philosophy behind some of the core concepts in the Upanishads, the Yoga Sutras, and Bhagavad Gita.

### **Session 15 - Primordial Sound Meditation Mantras**

Receive a list of the 108 Primordial Sound mantras, then practice reciting each one to prepare to perform the personal instruction ceremony with your students when you become a Chopra certified Meditation Teacher.

### **Session 16: Teacher Tools and Resources & Business Best Practices**

Learn practical steps and insights to successfully begin teaching as a Chopra Meditation Teacher through business goals, marketing best practices, and much more. Review methods to facilitate classes of all sizes and levels, in one-to-one sessions, group, and virtual formats.

## **Certification Completion Requirements**

- Completion of the Chopra Meditation Foundations and Certification Programs.
- Read, watch, and complete all lessons, exercises and quizzes in each session.
- Submit a practice teaching log indicating a minimum of 10 practice teaching hours with practice students.
- Complete and pass a multiple-choice assessment.

Certification is official upon satisfactory completion of requirements. All requirements must be completed and passed. Participants will receive a certificate of completion and receive access to Chopra's mantra calculation program when all requirements are finalized.

## **Make the Most of Your Program Experience**

The program requires an average of up to six to eight hours a week commitment (30-45 minutes a day), in addition to your daily self-care practices.

- Connect with program peers through the Facebook group
- Participate in live interactive discussion group webinars with Chopra faculty (webinars are recorded)
- Practice teach with friends, family, colleagues, and course peers
- Prepare for and complete certification completion requirements listed above
- Integrate information and practices through your commitment to your own meditation practice

## **Live Webinar Discussion Groups**

Each week, course participants may attend live discussion group webinars via video conference. These webinars are highly interactive and include breakout rooms and group discussions. This is a space for participants to connect with program peers, learn from each other, connect with faculty, and ask questions. Most importantly, this is the opportunity to practice teaching content in your own way in a supportive environment.

Participation is an essential part of the learning and teaching experience. To get the most out of the program, please complete e-learning sessions before the scheduled webinars.

Office hours with your Chopra Student Support Advisor are held during the last 30 minutes of each webinar to answer questions about course logistics, program content, and requirements.



A schedule will be provided at the start of the program. The webinars will be recorded and available for later review. The live video conferences are hosted through Zoom.

### **Facebook Community Group**

Many students report that the sense of like-minded community among participants is one of their most treasured features of their Chopra educational experience. The Facebook community group is the place where students can connect with program peers.

### **Group Meditation Sessions**

The online group meditation sessions are an opportunity for teacher training participants and Chopra certified instructors 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. The group meditation sessions are hosted through Zoom Meetings. We encourage participants to use their device web camera (optional).

### **Recommended Reading**

There is no additional reading required to complete the Certification Program. We recommend the following books to complement the program experience. *The Seven Spiritual Laws of Success*, *Total Meditation*, *Seven Spiritual Laws of Yoga*, and *Super Brain* books by Deepak Chopra, M.D.

### **Basic Technical Requirements**

The basic equipment needed for the online course is an updated computer or mobile device, strong internet access, microphone, speakers, and web camera. All devices will need the most current and up to date versions per device manufacturer. Students will have the best course experience with a desktop or laptop using an updated Chrome browser.

The program video conferences and webinars with Chopra faculty are hosted on Zoom. Students will need to download the application to their device. Video conferences and webinars can also be accessed by phone.

***Information is subject to change.***