



Teaching Chopra Health in Schools

Susan Chapman

Teaching Chopra Health: Ayurvedic Lifestyle in schools can require different techniques, depending on the type of school and the age of students that you will be teaching. Private schools and colleges may offer you flexibility in how you present the material. However, in public schools, there may be challenges to using Sanskrit terms or any philosophies that have been, or can be, construed as religious.

There are general guidelines to follow for most situations and more specific guidelines for public schools. In general:

- Get permission to teach the material that you will be sharing. Present the information, in writing and in advance, to the administration to be certain that there are not conflicts. If corrections or adjustments are required and you choose to make those adjustments, present the revised material for final approval.
- Be certain that the material you present in the classroom is appropriate for the age of the student population.
- Address the students at their level of understanding and within timeframes that hold their attention spans.
- Dress appropriately for a school setting.
- Follow all school and classroom guidelines and rules.
- Keep the lines of communication open among all members of the school community.

Teaching in Public Schools

In 2013, a public-school district in the United States was sued by a group of parents that believed the district's health and wellness program offered religious practices that should not be taught in public schools. While the district ultimately prevailed in the lawsuit, the case has provided important takeaways to consider when teaching Perfect Health: Ayurvedic Lifestyle in public schools. You will want to consider the above-noted points as well as the following:

- Remember that some parents and other members of the school community may view Sanskrit and other points as religious. Therefore, be sure to obtain a clear understanding from school administrators on what their rules are for using Sanskrit and other aspects of the Perfect Health: Ayurvedic Lifestyle program.
- Closely follow all agreed-upon rules.
- Help educate administrators, parents, and other community members by sharing scientific research about Ayurveda with them. Additionally, if the students are older, they, too, will benefit from having such information. Not only does this bolster Perfect Health: Ayurvedic Lifestyle's value, but it also

provides fertile ground for other learning experiences, including science and research practices that the students can refer to as they approach other academic subjects.

Among the best ways you can share the effectiveness of Perfect Health: Ayurvedic Lifestyle is by communicating well, answering questions openly, and serving as a strong role model—all of which will make you an invaluable resource for the schools you serve.

About the Author

Susan Chapman is a Chopra Center Certified Vedic Educator who has earned instructional certifications in Primordial Sound Meditation, the Seven Spiritual Laws of Yoga, and Perfect Health: Ayurvedic Lifestyle. Susan also holds a Master of Arts in Yoga Studies, a 500-hour yoga certification, and a certification in yoga therapy from Loyola Marymount University (LMU) in Los Angeles, California. Susan is currently enrolled in a post-graduate certification program in yoga therapy at LMU, which she will complete in the spring of 2020.

Susan offers meditation, yoga, and Ayurvedic lifestyle instruction in corporate, academic, online, and private settings. Additionally, as a professional writer, Susan writes extensively about these invaluable practices.

Susan and her husband, Jake, who is also a Chopra Center Certified Vedic Educator, are parents to four adult children, with whom they often share this ancient wisdom.