



Teaching Chopra Health in the Workplace

Susan Chapman

Teaching *Chopra Health: Ayurvedic Lifestyle*, you will likely find yourself being invited to teach in all types of businesses. Many of the people you encounter may come to your classes because they are curious about Ayurveda and how it can help them to manage stress and address health issues. Others may want to take advantage of workplace incentives that are commonly offered for health and wellness classes and not have any idea what to expect from a course on Ayurveda.

Each workplace situation will be slightly different and may require you to change how you deliver the information you've learned throughout this course. Still, you will want to be prepared to teach it as effectively as possible. Here are some useful tips to help you:

Know Your Audience

Your classes may include students who have a varied understanding of what Ayurveda is. Because of this, it is important for you to know the mix of your students to prepare a class that meets everyone's needs. You can gather this information by asking the human resources contact, or other hiring representative, what the general makeup of the class will be prior to your start date.

Technology

In your *Perfect Health* instructors' manual, at the beginning of each of the five lessons, there is a list of equipment to consider having on hand for the class. Yet it is possible to overlook some of the finer details of the technology you may need, or be expected to use, in different organizations. Therefore, the technology you may need, how you go about obtaining it, and how to operate it if it is unfamiliar to you are other important points you will want to discuss with your contact at the company.

Time Limitations

Some companies' schedules have more time for wellness and self-care classes than others. Therefore, divide the course content into timeframes that fit those of the workplace. It is also a good idea to practice with a timer to be sure you have the right amount of material for each class.

Events Other Than Regularly Scheduled Classes

There may be times when a business will invite you to speak about Ayurveda at a departmental, or even larger, meeting. Just as you would with regularly scheduled classes, be sure to know the mix of the audience. Additionally, you will want to be clear on what the expectations are for the content you plan to share.

For one-off meetings, you may want to focus on just one or two aspects of Ayurveda that would engage the group and serve as a showcase for you to return and offer the full course. For example, having everyone in the

group take and discuss the dosha quiz is often a good approach for an introductory session. Or you could focus on a discussion of the six tastes and ways for employees to incorporate them into weekday meals when their time is limited.

Wardrobe

If you generally teach in yoga studios or similar settings, you may be accustomed to wearing yoga clothes when you offer this course. However, when teaching in the workplace, unless you are teaching asana, you should plan to dress in a way that is appropriate for the setting.

Pricing and Other Important Details

It is important to work out details such as price and whether you are allowed to provide handouts or to market any of your outside classes or other events. Make a point of working these issues out and asking as many questions as you can before you begin teaching. If questions arise after you've started teaching the course, communicate them with your company contact. Keeping the lines of communication open between you and the organization will help ensure your ongoing success.

Engaging Your Students

Students will enjoy trying some of the techniques at home, especially having family members take the dosha quiz and trying new Ayurvedic recipes that incorporate the six tastes. When you ask your students if they have any questions at the start of your classes, also ask them if they have new ideas to share that have been inspired by things they may have tried outside of class. You can prompt your students to engage in discussions by tailoring your questions to workplace scenarios: *Has anyone created new meals for lunches that incorporate the six tastes? Given the new knowledge you are learning, how are you metabolizing workplace stress?*

Inviting your students to apply Ayurveda to real-world experiences will make the information immediately useful to them, which will, in turn, encourage them to continue regularly incorporating these healthy practices into their lives long after the *Perfect Health: Ayurvedic Lifestyle* course has ended.

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.