



Teaching Formats

The Chopra Health Ayurvedic Lifestyle course offers a step-by-step exploration of mind- body medicine and Ayurveda. The curriculum is designed for the general public who have a basic or no previous understanding of these concepts. Each of the classes, including meditation and pranayama, include instruction in the practical tools and techniques of mind-body practices that anyone can immediately begin using in their daily life.

Before we explore the practical points and guidelines that will help you customize and deliver your content, let's first take a look at a few of the different ways you might set up and teach your classes.

The basic approach to teaching *Chopra Health* is the same for all teachers—teach each of the classes in the same order you learned them in the Chopra Health Certification online program. Start with Introduction to Ayurveda, including basic meditation and pranayama.

It is optimal to teach one class, once a week for five consecutive weeks or over five consecutive days. However, we encourage you to schedule the classes however best fits your business model, students, and schedules. Classes can be taught in a group setting or 1:1.

Class 1: Introduction to Ayurveda

Students will learn the foundational principles of Ayurveda, meditation, and pranayama.

- You will begin class in an intention setting exercise. Then, teach the basics of Ayurveda, meditation, the five elements, and the three primary mind-body doshas: Vata, Pitta, and Kapha.
- Suggested 2.5 hours

Class 2: Ayurvedic Nutrition

Students will learn how to optimize digestion and select the most nourishing foods for their dosha type.

- Guide students in Ayurvedic nutritional practices that will help them maintain vibrant health and consume a variety of nutritious foods with awareness.
- Suggested 2 hours

Class 3: Emotional Freedom

Students will learn why understanding and regulating emotions is the key to our physical, mental, and emotional health.

- You will teach in-depth practices and techniques of conscious communication, explain the biological responses and steps of emotional release to help your students transform their relationships and experience more joy in their lives.
- Suggested 2 hours

Class 4: Inner Pharmacy

Students will learn why understanding and regulating emotions is the key to our physical, mental, and emotional health.

- You will teach how to strengthen the body's inner pharmacy using sensory practices to balance each of the doshas.
- Suggested 2 hours

Class 5: Ayurvedic Daily Routines

The final class will focus on an optimal Ayurvedic daily routine. Inspire students to integrate the practices you've taught.

- Teach your students the rhythms of nature, optimal daily routine, doshas and the seasons, seasonal routines, detoxification, and restful sleep. You will also want to wrap up, answer students' questions, and provide ongoing support.
- Suggested 2 hours

Meditation and Pranayama

During the *Chopra Health* program, you will also teach basic meditation practices and a few simple breathing awareness techniques.

It is important to note that we separated the Meditation Basics and Pranayama content into separate sessions so you could gain an understanding of how to present these as individual classes. However, when you teach the Chopra Health program, you may want to combine the meditation or pranayama key topics within your classes or teach them as stand-alone classes.

You can schedule meditation before or after your presentations. You will need to factor in meditation times into your class schedules. Meditation scripts are provided in your Teacher's Manual.

Here's how the five classes can be taught in three days.

- Day 1: Introduction to Ayurveda, meditation, pranayama, and group meditation
- Day 2: Ayurvedic Nutrition, Emotional Freedom, and group meditation
- Day 3: Inner Pharmacy, Ayurvedic Daily Routines, and group meditation

Individual Classes

There's a lot of freedom in how you choose to format your classes. The classes can also be taught as stand-alone classes or workshops. For example, you could just teach the Emotional Freedom class or just the Ayurvedic Nutrition class. When referencing the doshas in these classes, you would need to explain what they are since students did not receive that information prior or keep descriptions of mind-body types very general.

Classes can also be included as part of retreats, speaking events, or conferences. The types of classes and students may also impact how you arrange the classroom.

Teaching 1:1

Guide your students on an individualized journey. Your classes don't have to follow a "one size fits all" approach. When you begin to teach, it's often easier to follow a step-by-step process, but keep in mind that there are times when you'll want to lead students through one or more key topics.

It's important to assess each student and situation. Student conditions vary. At times, it may be best to teach students in a 1:1, as opposed to a group setting. For example, teaching people with mental health disorders is often better in an individualized setting to help them receive the instruction and support they need.

Topic Specific Teaching

Conference topics on health and well-being is constantly growing and evolving. You may want to give a talk on specific content or key points within a lesson.

Plan to focus on just one or two aspects of Ayurveda that will engage the group. One class or workshop can sometimes serve as a showcase for you to return and offer all of the classes. 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 people to incorporate them into busy schedules when time is limited.

Here are some of the more popular Chopra Health key topics:

- Doshas and the dosha quiz
- Conscious communication
- Meditation
- Basic breathing techniques
- Mindful eating
- Restful sleep
- Healing through sound
- Chakras
- Six tastes

Live Speaking

Ayurveda is globally resurging and emerging and as a Chopra Health teacher, you offer a more unique, creative, and holistic way to share insights into Ayurveda and well-being. Individuals, groups, companies, and organizations want to gain knowledge, learn new practices for health and well-being, stay current in their respective fields, develop themselves personally and professionally, and offer a body of wisdom designed to help people stay vital while realizing their full human potential.

The goal is to educate, inform, and help others lead happier, healthier, and more productive lives. You may choose to pull from any of the key topics you've learned.

Teaching Virtually

The global environment has opened up a window of opportunity for businesses to go online. Online teaching offers certain advantages, such as flexible scheduling and greater reach. The overhead is fairly low and the growth potential is high, but there are some basic tools and technology you'll need to familiarize yourself with.

You can choose from several different remote conferencing services, such as Zoom, GoToMeeting, WebEx, Skype, etc. Some are free and some have fees depending on the number of users and features preferred.

When teaching virtually, teach the five classes in the same sequence through a video conferencing system.