



Institute for Integrative Nutrition®
Integrative Nutrition, LLC
D/b/a Institute for Integrative Nutrition® (IIN™)

Academic Catalog Volume 10

Revised October 2024

Registration #2032

15 North Third Street, Floor 5

Newark, Ohio 43055

Phone: (513) 766-9345

Fax: (513) 766-9399

www.integrativenutrition.com

Table of Contents

Mission.....	5
Calendar.....	5
Office Hours and Closings.....	5
Start Dates.....	5
Academic Calendar.....	5
Health Coach Training Program™.....	6
Integrative Nutrition Health Coach II.....	6
Chopra Coaching Certification Program.....	6
Chopra Meditation Instructor Certification Program.....	6
Chopra Online Ayurvedic Health Instructor Certification Program.....	6
Chopra Online Yoga 200-Hour Certification Program.....	6
Coaching Intensive Practicum.....	6
Professional Health Coach Certification: The Health Coach Training Program™ + Coaching Intensive Practicum Program.....	6
Entrance and Enrollment.....	6
Admission Requirements.....	6
Enrollment Procedure.....	6
Course Technology.....	7
Non-Discrimination Policy.....	7
General Questions / Enrollment.....	7
Graduation Requirements.....	7
Health Coach Training Program™.....	7
Integrative Nutrition Health Coach II: (HCTP Alumni Program).....	8
Chopra Coaching Certification Program.....	8
Chopra Meditation Instructor Certification Program.....	8
Chopra Online Ayurvedic Health Instructor Certification Program.....	9
Chopra Online Yoga 200-Hour Certification Program.....	9
Coaching Intensive Practicum.....	9
Professional Health Coach Certification: The Health Coach Training Program™ + Coaching Intensive Practicum Program.....	9
Leaves of Absence and Make-Up Work.....	10
Attendance.....	10

Satisfactory Academic Progress	10
Student Conduct and Dismissal	10
Re-admittance	10
Grading Policy	11
Assessment and Proctoring Procedures	11
Detailed Schedule of Fees.....	11
Health Coach Training Program™	11
Integrative Nutrition Health Coach II HCTP Alumni Program	12
Chopra Coaching Certification	13
Chopra Meditation Instructor Certification	14
Chopra Online Ayurvedic Health Instructor Certification	14
Chopra Online Yoga 200-Hour Certification.....	15
Coaching Intensive Practicum.....	15
Professional Health Coach Certification: The Health Coach Training Program™ + Coaching Intensive Practicum Program	16
Financial Assistance Statement	17
Grants & Scholarships	17
IIN Mastery Grant	17
HCTP Grant.....	17
Coaching Intensive Practicum Tuition Grant.....	17
Scholarships & Other Aid	18
Program Information	18
Health Coach Training Program™ (HCTP)	18
Integrative Nutrition Health Coach II HCTP Alumni Program	24
Chopra Coaching Certification	29
Chopra Meditation Instructor Certification	35
Chopra Online Ayurvedic Health Instructor Certification	40
Chopra Yoga 200_Hour Certification	44
Coaching Intensive Practicum.....	49
Professional Health Coach Certification: The Health Coach Training Program™ + Coaching Intensive Practicum Program	52
Student Support.....	61
Credit for Previous Education and Training	61
Job Placement and Certification	61

License or Certification	62
Regulation	62
Cancellation and Refund Policy.....	62
Complaint Procedure	63
Anti-Hazing Policy	64
Professional Development Offerings	66
Enrichment Programs	66
Business Practices for Health Coaches	66
Gut Health Course.....	66
Hormone Health Course	66
Mindful Eating Course.....	66
Ayurveda For Balance: Chopra Health Enrichment	66
Deepening Your Practice: Chopra Meditation Enrichment.....	67
Launch Your Dream Book.....	67
Foundation Courses	67
Alternative Health Remedies	67
Detox Your Life	67
Whole-Person Health Course.....	67
Nutrition for Life	67
Chopra Ayurvedic Health Foundations	68
Chopra Meditation Foundations.....	68
Chopra Yoga Foundations	68
Institute for Integrative Nutrition Officials and Faculty	68
Faculty for the Health Coach Training Program™(HCTP) & Integrative Nutrition Health Coach II	68
Faculty For Chopra Coaching Certification.....	72
Faculty For Chopra Meditation Instructor Certification Program	74
Faculty For Chopra Online Ayurvedic Health Instructor Certification Program.....	75
Faculty For Chopra Online Yoga 200-Hour Certification Program	75
Faculty For Coaching Intensive Practicum Program & Professional Health Coach Certification: The Health Coach Training Program™ + Coaching Intensive Practicum Program	76

Mission

Our mission is to play a crucial role in improving health and happiness, and through that process, create a ripple effect that transforms the world.

Calendar

Office Hours and Closings

The Institute for Integrative Nutrition's offices are open from 9 AM to 5:30 PM (Eastern Time) on all normal business days. Our administrative offices will be closed on the following US Holidays:

New Year's Day
Martin Luther King Day
President's Day Memorial Day
Juneteenth
Independence Day
Labor Day
Indigenous People's Day
Veterans Day
Thanksgiving Day
Day after Thanksgiving
Christmas Day
The period between Christmas Day and New Year's Day

Start Dates

At the Institute for Integrative Nutrition, enrollment is open and continuous. During the enrollment process, applicants select their preferred start date (cohort) from the available options for their program of enrollment. The start and end dates are indicated on the Enrollment Agreement.

IIN supports continuous and self-directed learning for any student, at anytime, anywhere in the world. Its educational resources are available online twenty-four hours a day, seven days a week, all year long. Each cohort is named for the start date of its first term.

Academic Calendar

Mastery Courses

Health Coach Training Program™
Integrative Nutrition Health Coach II
Chopra Coaching Certification Program
Chopra Meditation Instructor Certification Program
Chopra Online Ayurvedic Health Instructor Certification Program
Chopra Online Yoga 200-Hour Certification Program
Coaching Intensive Practicum
Professional Health Coach Certification: The Health Coach Training Program™ + Coaching Intensive Practicum Program

The schedule for all Mastery Courses can be found at [Mastery Courses at integrativenutrition.com](https://www.integrativenutrition.com).

Entrance and Enrollment

Admission Requirements

To enroll at IIN, applicants must meet one of the following admissions requirements.

- **Age Requirement:** Applicants must be at least 18 years old to enroll in any of IIN's programs. During the admissions process, applicants provide their date of birth to verify that they meet this requirement and agree to provide proof if requested (ex: a copy of a government-issued ID).
- **Minors and/or School Students:** Applicants who are of compulsory school age (under 18 years old) and currently enrolled in high school will be considered for enrollment only with written consent from a parent or guardian confirming that enrolling in a program at IIN will not interfere with their required coursework.

Additional program-specific prerequisites may be found in the Program Information section of this catalog. Please review the descriptions to ensure any additional requirements are met.

Enrollment Procedure

If the applicant meets the admissions requirements, they will proceed to the enrollment stage. Prospective students can complete the admissions process either through a one-on-one consultation by calling Integrative Nutrition or by enrolling via the website.

Accepted applicants will receive information about payment options and will select their preferred payment method. For courses requiring an enrollment agreement, this agreement will be provided electronically. The prospective student will sign the agreement digitally, and if applicable, a parent or guardian will also sign. The agreement will be signed digitally by the school director or an authorized agent on behalf of the school.

The student must acknowledge that they have read, understood, and agreed to the terms and conditions outlined in the Terms of Service Agreement.

Course Technology

IIN's courses will be made available online. Students are solely responsible for ensuring that they have the appropriate hardware, software, Internet access, and/or other equipment necessary to participate in the Course(s). IIN may provide you with limited technical support to access the Course(s), but in no event will such support include providing desktop computer troubleshooting (i.e., computer freezes, browser problems), assistance with third-party websites, or support with non-IIN products.

Non-Discrimination Policy

The Institute for Integrative Nutrition is committed to the principle of equal opportunity in education and employment. IIN does not discriminate against individuals on the basis of race, color, sex, sexual orientation, gender identity, religion, disability, age, genetic information, veteran status, ancestry, or national or ethnic origin in the administration of its educational policies, admissions policies, employment policies, and other IIN-administered programs and activities, but may favor US citizens for employment in compliance with US laws.

This policy, which extends to all programs and activities of the school district, arises out of the following statutes: Title VI of the Civil Rights Act of 1964, 42 U. S. C. 2000 et seq. and its implementing regulation, 43 C. F. R., Part 100; Individuals with Disabilities Education Act ("IDEA"), 20 U.S.C., 1400 et seq.; Section 504 of the Rehabilitation Act of 1973, 20 U. S. C. 794 and its implementing regulation, 34 C. F. R., Part 104; Title IX of the Education Amendments of 1972, as amended, 20 U. S. C. 1681 et seq., and its implementing regulation, 34 C. F. R. Part 106; and, the Americans with Disabilities Act of 1990.

General Questions / Enrollment

Domestic: (877) 730-5444 International (513) 776-0960

E-mail: admissions@integrativenutrition.com

Graduation Requirements

Please see the specific graduation requirements provided below for each program/course.

Health Coach Training Program™

The Health Coach Training Program™ Students must pass at least two (2) of the four (4) exams with a minimum score of 70%.

Coaching Sessions are graded on a pass/fail basis. Coaching Sessions that are submitted with all information completed and questions answered receive a grade of "pass." Incomplete Coaching Sessions, or those submitted with unintelligible answers (e.g., nonsense words, gibberish, etc.), receive a grade of "fail."

Students must submit a minimum of six Practice Coaching Sessions.

Coaching Circles are graded on a pass/fail basis. Students who attend and participate in the Coaching Circle receive a grade of "pass." Students who register for a Coaching Circle session, but who do not attend and/or attend but do not participate, receive a grade of "fail." Students must participate in four Coaching Circle sessions. Additionally, to receive a certificate of completion, a student's account must be current or paid in full.

Integrative Nutrition Health Coach II: (HCTP Alumni Program)

The Integrative Nutrition Health Coach II has four exams, graded on a scale of 0-100%. Students must pass at least two (2) of the four (4) exams with a minimum score of 70%.

Practice Coaching Sessions are graded on a pass/fail basis. Practice Coaching Sessions that are submitted with all information completed and questions answered receive a grade of “pass.” Incomplete Practice Coaching Sessions, or those submitted with unintelligible answers (e.g., nonsense words, gibberish, etc.), receive a grade of “fail.” Students must submit a minimum of six Practice Coaching Sessions.

Coaching Circles are graded on a pass/fail basis. Students who attend and participate in the Coaching Circle receive a grade of “pass.” Students who register for a Coaching Circle session, but who do not attend and/or attend but do not participate, receive a grade of “fail.” Students must participate in four Coaching Circle sessions. Additionally, to receive a certificate of completion, a student’s account must be current or paid in full.

Chopra Coaching Certification Program

To graduate from the Chopra Coaching Certification Program, students must:

- Complete all lessons in the program modules.
- Complete practice coaching sessions with practice clients and triads with peers.
- Submit your practice coaching session log when you’ve completed all 10 sessions with each of your 2 practice clients or 1 practice client and triad group. Totaling 20 sessions (45-minute sessions). Log provided in program.
- Complete and pass a final online, multiple-choice assessment with a minimum passing score of 70% at the end of the Coaching Certification Program.
- Submit and pass three 30-minute practice coaching video assessments with a minimum passing score of 70%. Participants will receive feedback via video conference from a Chopra mentor coach.

Certification is official upon satisfactory completion of requirements. All requirements must be completed and passed. Requirements for certification can be completed and passed up to 12 months from the scheduled start date of the Coaching Certification Program. Additionally, to receive a certificate of completion, a student’s account must be paid in full.

Chopra Meditation Instructor Certification Program

To graduate from the Chopra Meditation Instructor Certification Program, students must:

- Completion of the Chopra Meditation Foundations and Meditation Certification eLearning sessions.
- 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 teaching the Chopra Primordial Sound Meditation classes with practice students.
- Complete and pass an open book, multiple-choice final exam with 80% or better.

Participants will receive a certificate of completion when all requirements are satisfied. Requirements may be completed up to 12 months from the scheduled start date of the Meditation Instructor

Certification Program. Additionally, to receive a certificate of completion, a student's account must be paid in full.

Chopra Online Ayurvedic Health Instructor Certification Program

To graduate from the Chopra Online Ayurvedic Health Instructor Certification Program, students must:

- Completion of the Chopra Health Foundations and Ayurvedic Health Certification eLearning sessions.
- 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 teaching the Chopra Ayurvedic Health classes with practice students.
- Complete and pass an open book, multiple-choice final exam with 80% or better.

Participants will receive a certificate of completion when all requirements are satisfied. Requirements may be completed up to 12 months from the scheduled start date of the Ayurvedic Health Certification Program. Additionally, to receive a certificate of completion, a student's account must be paid in full.

Chopra Online Yoga 200-Hour Certification Program

To graduate from the Chopra Online Yoga 200-Hour Certification Program, students must:

- Complete the Chopra Yoga Program eLearning modules and libraries.
- Attend live or review the recordings of the Philosophy and Content webinars.
- Attend live or review the recordings of the Chopra Yoga Class webinars.
- Attend 12 of 16 Sadhana Lab Session webinars live. Review recordings of webinars missed live.
- Pass an open book, multiple choice final exam with 80% or better.
- Complete and pass one (1) group teaching Practical Skills Assessment with 80% or better and receive feedback from a Chopra Yoga Trainer.
- Complete 10 hours of practice teaching with a practice student (or students).

All requirements above must be completed and passed to achieve a Chopra Yoga 200-hour certificate of completion. Requirements for certification can be completed and passed by the program's end, however, participants have up to 12 months from the start date of the Yoga Certification Program to complete and pass requirements. Additionally, to receive a certificate of completion, a student's account must be paid in full.

Coaching Intensive Practicum

Completion of the Coaching Intensive Practicum program requires a student to complete all assignments and tests earning a minimum of 80 points out of 100 points. Additionally, to receive a certificate of completion, a student's account must be paid in full.

Professional Health Coach Certification: The Health Coach Training Program™ + Coaching Intensive Practicum Program

To earn a Certificate of Completion for the Professional Health Coach Certification: The Health Coach Training Program™ + Coaching Intensive Practicum program, students must:

- Pass two of the four HCTP exams with a minimum score of 70;
- Participate in at least four of the five HCTP Coaching Circle sessions;

- Submit a minimum of six HCTP Practice Coaching Sessions;
- Complete and pass a practical skills assessment (PSA) during a live learning session and properly and fully complete and submit a self-reflection form;
- Participate in three CIP instructor-supervised buddy coaching sessions in and properly and fully complete and submit a self-reflection form for each session;
- Obtain a score of 80% or higher on the final exam for CIP; and
- Have arrangements to satisfy all financial obligations to the school.

All graduation requirements must be completed and submitted by the last day of class.

Leaves of Absence and Make-Up Work

The Institute for Integrative Nutrition is a global educational enterprise. While it is committed to supporting all students, the pace of its program does not allow for leaves of absence. Under rare circumstances, a student unable to continue with his or her cohort can request “fall back” to a cohort with a later start date. Extreme flexibility is given to work completion, and little need exists for a make-up work policy.

Attendance

Students can access online program content twenty-four hours a day, seven days a week. There are no set class days or times. As such, students are not considered tardy or absent.

Satisfactory Academic Progress

Students at the Institute for Integrative Nutrition are provided with the resources to be successful and the flexibility to study when and where it is convenient for them. They are expected to make continuous progress toward successfully completing their course or program. Progress includes completing online activities, submitting assignments, and/or completing exams, as applicable. Students who are not completing these activities are not making satisfactory academic progress. Additional time is not provided to students who do not successfully complete course activities within the timeframe indicated on the enrollment agreement.

Students who need assistance are encouraged to contact the Student Support team at support@integrativenutrition.com.

Student Conduct and Dismissal

Dismissal from IIN may occur if a student violates one or more provisions in the Student Enrollment Agreement or fails to maintain Satisfactory Academic Progress. In addition, if a student’s tuition payment is overdue for more than 30 days for any reason, the student is subject to withdrawal from the program. Any tuition paid upon withdrawal from the program will be subject to the refund policy.

Re-admittance

If a student withdraws from a training program for any reason, they are welcome to re-enroll at a later date. The individual must go through the admissions process and sign a new enrollment agreement.

Credit may be given for portions of the program previously completed, but the awarding of any credit is up to the discretion of the School Director.

Students dropped for failure to meet attendance and or Satisfactory Academic Progress requirements may be able to re-enroll in a later training session. These individuals must submit a request for re-enrollment to the School Director. If the Director feels the individual is a good candidate, he or she can restart the admissions process.

Grading Policy

Courses and programs at the Institute for Integrative Nutrition may be graded or ungraded.

In graded courses, satisfactory completion is based on scores and completion of course activities, as applicable.

Graded activities are based on a percentage scale:

0% - 100%

70% or higher is considered passing

Or on a point-based scale:

0 – 100 points

80 points or higher is considered passing

Satisfactory completion of ungraded courses is based on the completion of course activities.

Please refer to the Graduation Requirements section for information on specific course or program requirements.

Assessment and Proctoring Procedures

The Institute for Integrative Nutrition does not require external proctoring of its examinations. Rather, IIN employs an assessment strategy allowing for open book / open note examinations. A student will log into the Learning Center with a secure login and password to complete examinations.

Detailed Schedule of Fees

Health Coach Training Program™

The Health Coach Training Program™ is 432 clock hours. For tuition collection and refunds, it will be considered one (1) term.

The registration fee, tuition, and books and materials charges will be due upon enrollment.

Health Coach Training Program™	
Program length: 432 clock hours This program is normally completed in 24~48 weeks (includes scheduled breaks).	
Registration (<i>non-refundable</i>)	\$99.00
Tuition	\$3,875.00
Books and Materials (<i>non-refundable once received</i>)	\$921.00
Total Tuition Cost	\$4,895.00

Tuition and fee charges are subject to change at the school's discretion. Any tuition or fee increases will become effective for the school term following student notification of the increase. All dollar amounts referenced herein are in U.S. dollars.

Other Fees (if applicable)

Transfer Fee \$99.00

Re-enrollment Fee \$99.00

Official Transcript Fee \$10.00

Coaching Circle Session Make-up Fee \$75.00

Students moving from one class to another class incur a transfer fee of \$99.00. If a student transfers to a different cohort and then later decides to withdraw from that later cohort, the cohort in which the student consumed the most lessons or services will be used for purposes of calculating any refund.

[Integrative Nutrition Health Coach II HCTP Alumni Program](#)

The Integrative Nutrition Health Coach II program for HCTP alumni is 432 clock hours. For tuition collection and refunds, it will be considered one (1) term.

The registration fee, tuition, and books and materials charges will be due upon enrollment.

Integrative Nutrition Health Coach II	
Program length: 432 clock hours This program is normally completed in 24~48 weeks (includes scheduled breaks).	
Registration (<i>non-refundable</i>)	\$99.00
Tuition	\$3,875.00
Books and Materials (<i>non-refundable once received</i>)	\$921.00
Total Tuition Cost	\$4,895.00

Tuition and fee charges are subject to change at the school's discretion. Any tuition or fee increases will become effective for the school term following student notification of the increase. All dollar amounts referenced herein are in U.S. dollars.

Other Fees (if applicable)

Transfer Fee \$99.00

Re-enrollment Fee \$99.00

Official Transcript Fee \$10.00

Coaching Circle Session Make-up Fee \$75.00

Students moving from one class to another class incur a transfer fee of \$99.00. If a student transfers to a different cohort and then later decides to withdraw from that later cohort, the cohort in which the student consumed the most lessons or services will be used for purposes of calculating any refund.

Chopra Coaching Certification

The Chopra Coaching Certification Program is 126 clock hours. For tuition collection and refunds, it will be considered one (1) term.

The registration fee and tuition charges will be due upon enrollment.

Chopra Coaching Certification	
This program is normally completed in 21 weeks (includes scheduled breaks).	
Registration (<i>non-refundable</i>)	\$99.00
Tuition	\$4,406.00
Books and Materials (<i>non-refundable once received</i>)	\$490.00
Total Cost	\$4,995.00

Tuition and fee charges are subject to change at the school's discretion. Any tuition or fee increases will become effective for the school term following student notification of the increase. All dollar amounts referenced herein are in U.S. dollars.

Other Fees (if applicable)

Transfer Fee \$99.00

Re-enrollment Fee \$99.00

Official Transcript Fee \$10.00

PSA Retest Fee: \$150.00

Students moving from one class to another class incur a transfer fee of \$99.00. If a student transfers to a different cohort and then later decides to withdraw from that later cohort, the cohort in which the student consumed the most lessons or services will be used for purposes of calculating any refund.

Chopra Meditation Instructor Certification

The Meditation Instructor Certification Program is 108 clock hours. For tuition collection and refunds, it will be considered one (1) term.

The registration fee and tuition charges will be due upon enrollment

Chopra Meditation Instructor Certification	
This program is normally completed in 16 weeks (includes scheduled breaks).	
Registration (<i>non-refundable</i>)	\$99.00
Tuition	\$3,146.00
Books and Materials (<i>non-refundable once received</i>)	\$350.00
Total Cost	\$3,595.00

Tuition and fee charges are subject to change at the school's discretion. Any tuition or fee increases will become effective for the school term following student notification of the increase. All dollar amounts referenced herein are in U.S. dollars.

Other Fees (if applicable)

Transfer Fee \$99.00

Re-enrollment Fee \$99.00

Official Transcript Fee \$10.00

Students moving from one class to another class incur a transfer fee of \$99.00. If a student transfers to a different cohort and then later decides to withdraw from that later cohort, the cohort in which the student consumed the most lessons or services will be used for purposes of calculating any refund.

Chopra Online Ayurvedic Health Instructor Certification

The Chopra Online Ayurvedic Health Instructor Certification Program is 105 clock hours. For tuition collection and refunds, it will be considered one (1) term.

The registration fee and tuition charges will be due upon enrollment.

Chopra Online Ayurvedic Health Instructor Certification	
This program is normally completed in 16 weeks (includes scheduled breaks).	
Registration (<i>non-refundable</i>)	\$99.00
Tuition	\$3,146.00
Books and Materials (<i>non-refundable once received</i>)	\$350.00
Total Cost	\$3,595.00

Tuition and fee charges are subject to change at the school's discretion. Any tuition or fee increases will become effective for the school term following student notification of the increase. All dollar amounts referenced herein are in U.S. dollars.

Other Fees (if applicable)

Transfer Fee \$99.00

Re-enrollment Fee \$99.00

Official Transcript Fee \$10.00

Students moving from one class to another class incur a transfer fee of \$99.00. If a student transfers to a different cohort and then later decides to withdraw from that later cohort, the cohort in which the student consumed the most lessons or services will be used for purposes of calculating any refund.

Chopra Online Yoga 200-Hour Certification

The Chopra Online Yoga 200-Hour Certification Program is 250 clock hours. For tuition collection and refunds, it will be considered one (1) term.

The registration fee and tuition charges will be due upon enrollment.

Chopra Online Yoga 200-Hour Certification	
This program is normally completed in 16 weeks (includes scheduled breaks).	
Registration (<i>non-refundable</i>)	\$99.00
Tuition	\$3,326.00
Books and Materials (<i>non-refundable once received</i>)	\$370.00
Total Cost	\$3,795.00

Tuition and fee charges are subject to change at the school's discretion. Any tuition or fee increases will become effective for the school term following student notification of the increase. All dollar amounts referenced herein are in U.S. dollars.

Other Fees (if applicable)

Transfer Fee \$99.00

Re-enrollment Fee \$99.00

Official Transcript Fee \$10.00

PSA Retest Fee: \$150.00

Students moving from one class to another class incur a transfer fee of \$99.00. If a student transfers to a different cohort and then later decides to withdraw from that later cohort, the cohort in which the student consumed the most lessons or services will be used for purposes of calculating any refund.

Coaching Intensive Practicum

The Coaching Intensive Practicum course is 95 clock hours and costs \$1,995.00. For tuition collection and refunds, it will be considered one (1) term.

Coaching Intensive Practicum	
This program is normally completed in 12 weeks (includes scheduled breaks).	
Registration	\$99.00
Tuition	\$1896.00
Total Cost	\$1995.00

The total cost of the Course, as set forth in the table above, must be paid in full at the time of enrollment unless an alternative payment plan is offered by IIN and accepted by the student.

Tuition and fee charges are subject to change at the school's discretion. Any tuition or fee increases will become effective for the school term following student notification of the increase. All dollar amounts referenced herein are in U.S. dollars.

Other Fees (if applicable)

Coaching Circle Session Make-up Fee \$75.00

Transfers are not available for the Coaching Intensive Practicum.

Professional Health Coach Certification: The Health Coach Training Program™ + Coaching Intensive Practicum Program

Professional Health Coach Certification: The Health Coach Training Program™ + Coaching Intensive Practicum Program	
This program is normally completed in 36 - 45 weeks (includes scheduled breaks).	
Registration	\$99.00
Tuition	\$6,791.00
Total Cost	\$6,890.00

The total cost of the Course, as set forth in the table above, must be paid in full at the time of enrollment unless an alternative payment plan is offered by IIN and accepted by the student.

Tuition and fee charges are subject to change at the school's discretion. Any tuition or fee increases will become effective for the school term following student notification of the increase. All dollar amounts referenced herein are in U.S. dollars.

Other Fees (if applicable)

Transfer Fee \$99.00

Re-enrollment Fee \$99.00

Official Transcript Fee \$10.00

Coaching Circle Session Make-up Fee \$75.00

Financial Assistance Statement

Grants & Scholarships

IIN Mastery Grant

Value of Grant: \$3995.00 to \$4995.00

To be eligible for the grant, which covers the full tuition and fees of a qualifying mastery program.

Applicants must demonstrate a commitment to health & wellness, a desire to impact their communities, and financial need as demonstrated by earning \$50,000 or less annually.

Application for this grant is made prior to enrollment. Number of awards annually: 15. The grant is funded by IIN and cannot be renewed. This grant is awarded as a tuition credit applied to the student's account upon enrollment.

Eligible Mastery programs include the Health Coach Training Program™ (HCTP) and Chopra Coaching Certification.

HCTP Grant

Value of Grant: \$3995.00

Health Coach Training Program (HCTP) grant applicants need to demonstrate a commitment to integrated health by sharing their vision of how they will apply to HCTP to improve health within a community.

Applications are submitted via video. One (1) applicant will be awarded a grant covering the full cost of the HCTP program. All other applicants who complete the grant application process will receive a grant of \$1198.50 toward their tuition. The HCTP Grant will be offered on a cohort-by-cohort basis.

The grant is funded by IIN and cannot be renewed. This grant is awarded as a tuition credit applied to the student's account upon enrollment.

Coaching Intensive Practicum Tuition Grant

Value of Grant: \$1,995.00

Two (2) Awards to students taking the Coaching Intensive Practicum per Academic Term

To be eligible for the Coaching Intensive Practicum Tuition Grant applicants must:

- fill out and submit a completed application form within the specified application period;
- have not previously enrolled in the Coaching Intensive Practicum; and
- be in good financial standing with IIN if currently or previously enrolled in any other courses with the school.

- The application form shall contain three questions that applicants must provide written answers to (500 words max. per question):

1. What is your mission as a Health Coach and why? How will being awarded this grant enable you to carry that mission forward and create a ripple effect of health and happiness in the world?
2. Coaching is a process of facilitating growth. Recall a time you overcame adversity and, as a result, experienced personal growth in your own life. How did this experience prepare you to show up with compassion and empathy for clients?
3. Explain why you are the ideal candidate to be awarded this grant.

In evaluating responses to select the candidate who shall be awarded the tuition credit, we are looking for a demonstration of (1) dedication to professional achievement that is in alignment with IIN's core mission and values, (2) evidence of experiential growth that has shaped one's ability to foster compassion and empathy for clients, and (3) evidence of financial need and/or merit that sets the candidate apart from others.

All grants are subject to the availability of funding.

Scholarships & Other Aid

The Institute for Integrative Nutrition does not offer scholarships.

IIN does not participate in the Title IV program and does not offer federal student aid.

Program Information

Health Coach Training Program™ (HCTP)

Length: 432 Clock Hours

Prerequisites: No additional prerequisites beyond acceptance at IIN.

The Health Coach Training Program™ teaches the foundations of holistic health and wellness and how to apply them in a coaching setting through a 40-module, online course. The curriculum includes coaching skills and techniques, basics of nutritional science and health, and content on business development.

Students are encouraged to complete various knowledge checkpoints throughout their learning, engage with other students through discussion questions, and expand their knowledge by completing module assignments. Comprehensive, graded exams are given every nine modules. Students' understanding of the material is also enhanced through conference calls led by coaching instructors and the submission of practice Coaching Sessions, where students provide summaries of their sessions with prospective or current clients.

Objectives:

Upon completion of this program, students will be able to:

- Integrate a unique approach to health and happiness through experimentation with course theories and concepts.
- Comprehend IIN's unique nutrition theories in addition to traditional and modern nutrition concepts and the evolving state of global health.
- Implement IIN's core theories of primary and secondary food as well as bio-individuality to explore a personalized approach to wellness.
- Demonstrate the tools, techniques, theories, and guidelines that make up the IINtegrative Coaching Method™.
- Develop a coaching process while guiding others to explore their individual wellness goals.
- Contribute to the global health movement through a conscious, ongoing commitment to health and happiness.

Module Descriptions:

Orientation (9 Clock Hours): The Orientation will review what students can expect. They'll meet the experts who will lead them through the course and hear from IIN alumni about the transformation they experienced through the Health Coach Training Program. Students will learn about IIN's unique approach to wellness and the important role that Integrative Nutrition Health Coaches play in spreading health and happiness across the globe. This module also includes information about connecting with the IIN community and how to use the various support resources available in the course.

Module 1 (10 Clock Hours): The first module sets students on the path to discovering what health really is. This is the beginning of an experience that will improve their well-being, their happiness, and their career – every aspect of their life. No matter their intention for enrolling in the Health Coach Training Program, students will leave this module feeling inspired and ready to get the most out of the IIN experience.

Module 2 (9 Clock Hours): Students will discover that nourishment is far more than just the food they eat. Every choice they make in every aspect of their lives contributes to well-being. This module looks more deeply at what health means, and students will see that nourishment happens on every level – physical, mental, emotional, and spiritual.

Module 3 (9 Clock Hours): This module explores the foundations of a healthy life. No matter the goals, there are certain fundamental concepts students can count on to provide a framework for creating lasting transformation. This module examines how students can use these healthy basics to connect with their intrinsic needs and build a thriving life.

Module 4 (9 Clock Hours): Students will explore the rhythms of life. Every day, they experience a number of natural rhythms, both within and around them. All these cycles can influence their ability to be healthy and thrive. By observing their natural rhythms and understanding how they live within external cycles, they can bring a state of balance and healing to their life.

Module 5 (11 Clock Hours): Students will explore the bidirectional link between the body and the mind. The body and mind are in constant communication, each influencing the other equally. This module looks at the science behind the relationship. Students will see how cultivating a strong connection between the body and mind can help them transform their life.

Module 6 (9 Clock Hours): This module focuses on the importance of listening. The body and mind are constantly sharing information, yet for all that can be gleaned from those messages, we don't always spend enough time listening. When we listen actively and deeply, without judgment, we can better support our multidimensional health needs.

Module 7 (9 Clock Hours): Students will learn about the importance of communication within and between all the systems in their lives. Every system in their body – and every system in their life – relies on communication to stay in balance. Physical health, mental well-being, and social, emotional, and spiritual needs all rely on communication. Students will learn that asking questions, listening to the answers, and honoring those answers even when they point them in an unexpected direction can help them achieve balance.

Module 8 (9 Clock Hours): This module explores how the emphasis students put on numbers – specifically, weight and finances – can influence the decisions they make about health and happiness. It's not uncommon to look at the numbers on the scale and the figures in the bank and use them as a base for how we feel about ourselves, whether good or bad. But when we understand that these numbers are simply data points rather than reflections of our value as a person, we can change the role they play in our lives.

Module 9 (9 Clock Hours): Module 9 dives deeper into weight and finances, bringing light to what they really mean for students and helping them create a healthier relationship with each. Any rules they have knowingly or unknowingly created around food and finances have the ability to either serve or harm them. By digging into the structures or beliefs they have around those subjects, students can discover if they speak to their bio-individuality and truly support their life. If they don't, they can learn how to shift them to provide what they really need.

Module 10 (10 Clock Hours): Module 10 marks students' first IINtegration Week, allowing time for them to integrate what they've taken in through the past nine modules. Students can look back at what's resonated with them so far, anchor into the present to see how to incorporate what they've learned and identify potential action steps to help them succeed moving forward. The Health and Career Journals are available in this module. Using one or both, students will set the foundation for their Transformation Plan and/or Business Plan, workable personal or professional road maps they can act on to achieve their goals by the end of the course. Students will revisit and build on these journals in future IINtegration Weeks.

Module 11 (9 Clock Hours): Students will review the importance of getting to the root cause of symptoms. What we see outwardly doesn't always accurately reflect what's going on internally. To understand the symptoms, thoughts, and behaviors students experience, they must learn to uncover and treat the cause (or causes). Looking more deeply at what's happening can help them make the changes they truly need to transform their health, career, and life.

Module 12 (10 Clock Hours): Students will learn about the important role the gut plays in multidimensional health. It's always communicating with us, giving us signals as to what we need – physically, mentally, emotionally, and spiritually. This very tangible expression of the mind-body connection can help students make decisions that truly serve them; they just need to listen to and trust their gut.

Module 13 (10 Clock Hours): In this module, students will see how breaking through the complexities of life can help them improve their health and happiness. Understanding where and how things come about is an important part of understanding oneself. Students will come to understand that having this knowledge can impact their health, career, and relationships and can truly help them heal and transform their life.

Module 14 (9 Clock Hours): Students will learn how exploring what they can't see – the intangible pieces of health and life – can be key to helping them achieve greater wellness. Every aspect of health is integrated. While we may tend to focus on elements or experiences that are more obvious or easier to see, neglecting other aspects, especially those that may seem more mysterious or that we don't have a complete understanding of, can have repercussions that affect our whole life.

Module 15 (10 Clock Hours): In this module, students will look at how supporting the body's most complex organ can power the rest of the body and keep it healthy and happy. The brain plays a large role in multidimensional health. Supplying it with what it needs both on and off the plate – nourishing food, mental activity, and joy, for example – can improve brain health and help keep the body functioning properly.

Module 16 (9 Clock Hours): Students will explore what truly fuels their mind, body, and soul. It can be helpful to understand how different sources of energy charge one's health. When we know what really drives our needs, our thoughts, and our life, we'll be able to move forward and make informed decisions that support our goals.

Module 17 (9 Clock Hours): In this module, students will learn how important it is for their health, their career, and their life to find balance. Often, moving forward requires recognizing what supports them and letting go of what isn't working. When they're able to find the state of balance we need and turn insight into action, we can truly create the transformation we seek.

Module 18 (10 Clock Hours): Students will see that not all rules are meant to be followed. When it comes to health and happiness, sometimes breaking from the norm is exactly what we need. Just because a certain path is the most common doesn't mean it's the right path for us. Students will learn that they can write the rules that will help them find their way to health and build the life they desire.

Module 19 (9 Clock Hours): Students will explore how important connection is for their well-being. Every aspect of their health and their life can improve through connection. Whether they're connecting with others via physical movement or spiritually relating to something greater than themselves, the more they connect, the greater their ability to have a thriving, fulfilling life.

Module 20 (10 Clock Hours): Module 20 marks the second IINtegration Week. This week, students will take some time to lock in on and make more space for their goals. They'll also continue formalizing their Transformation and/or Business Plans.

Module 21 (9 Clock Hours): Students will learn how to identify their bio-individual nutritional needs. No two people will have the same physical, mental, emotional, or spiritual requirements or goals. Pinpointing and tending to their unique needs is essential for optimizing and transforming their health and their life.

Module 22 (10 Clock Hours): Students will discover just how empowering it can be to break free from limitations. They may have knowingly (or unknowingly) established limiting beliefs regarding various aspects of their life – the food they eat, the value of the work they produce, or their acquired knowledge. Taking steps to identify and deconstruct these limitations can help them unlock their full potential.

Module 23 (10 Clock Hours): In this module, students will learn how to honor their authentic self. With an open mind, they can observe and explore which health and lifestyle approaches work best for them. Staying true to themselves and their needs will allow them to create a life where they can truly thrive.

Module 24 (10 Clock Hours): Students will discover ways to accept and support themselves entirely. Reconnecting to the hidden or unknown parts of themselves can help them live a healthier, fuller life. When students can uncover and embrace all the parts of their unique being, they're better able to connect with their needs and find the transformation they seek.

Module 25 (10 Clock Hours): Students will learn how to unlock their potential for personal and professional transformation. Their ability to develop is limitless, but to reach their full potential, they must be able to recognize this fact. Finding the tools that allow them to open up and release their potential can help them find transformation and create the life they seek.

Module 26 (10 Clock Hours): In this module, students will dive into the subtle energies of life, within and around them. The body, the mind, the environment, and the world are all comprised of energy. Utilizing and directing our energy to benefit our health and wellness can help us become the best version of ourselves.

Module 27 (9 Clock Hours): Students will learn the importance of balancing their energies for a healthier, happier life. There are many circumstances in life and the world that can create imbalances. Discovering how to balance the energy we give off with the energy we receive can make for a more harmonious and fulfilling life.

Module 28 (10 Clock Hours): In this module, students will explore tools and practices to take their transformation even further. This module will show them ways to deepen their connection to their goals to help improve every aspect of their life.

Module 29 (9 Clock Hours): Students will discover the importance of seeing a complete picture of their health and life to help guide their transformation. Exploring their life more fully can provide them with great insight. The knowledge this exploration elicits will help them truly see their needs and guide them toward the future they desire.

Module 30 (10 Clock Hours): Module 30 marks the third IINtegration Week. This week, students will continue to formalize their Transformation or Business Plan and keep moving forward with their goals.

Module 31 (9 Clock Hours): Students will think about expanding their lives and discovering ways to find their purpose. Purpose is within and all around us and connecting with and living a life that feeds our purpose can help us truly thrive.

Module 32 (10 Clock Hours): In this module, students will review the idea that coaching is not just a profession, but a way of life. Our values, integrity, and how we choose to live shape our life and the

world around us. They'll learn how embracing the coaching lifestyle can help them transform their lives and the lives of others.

Module 33 (9 Clock Hours): This module helps students explore the importance of investing in their needs and their future so they can bring out the best in themselves as they support others to do the same. Developing their talents and interests, both personally and professionally, will be one of the greatest gifts they can offer.

Module 34 (10 Clock Hours): This module shows students that in order to lead a truly healthy life, the world around them must also be able to flourish. It's essential to look beyond their personal needs and expand the effect they can have in their communities and the world at large. They have the ability to impact the lives of others as much as their own.

Module 35 (9 Clock Hours): Students will see how integrating everything they learn can help them have a more meaningful global impact. Increasing their understanding supports their growth and allows them to establish a more holistic view of life. Expanding themselves in this way improves their ability to influence the well-being of those around them as well as the world.

Module 36 (10 Clock Hours): Module 36 looks at how students can live their ripple effect and use it to transform the world. Everything they've learned during the Health Coach Training Program has prepared them to create and support change in themselves and others. In this way, one step at a time, students have the power to improve lives and help humanity thrive.

Module 37 (10 Clock Hours): Module 37 is the first step in the IINtegration Lab. It's designed to help students choose the path they'll follow, either health or career, so they can start bringing their goals to life. Students will preview both paths and their associated plans – the Transformation Plan for the health path and the two Business Plan options (Employment and Entrepreneurship) for the career path. Once they decide which path they want to follow, they'll work on the corresponding plan for the remainder of this module.

Module 38 (10 Clock Hours): Students will choose a project to work on for the remainder of the IINtegration Lab. They'll have the opportunity to review some recommended project ideas, but they can also choose their own. They'll find some tools and resources to help support them as they move forward with their project.

Module 39 (10 Clock Hours): In this module, students will focus on maintaining momentum, overcoming challenges, and moving toward completing their project.

Module 40 (10 Clock Hours): Module 40 is the last module of the IINtegration Lab and the course. During this module, students will finalize their project. They'll also explore what's beyond the program and celebrate all that they've accomplished.

IINtegration Lab Weeks (Clock hours included in Modules 36–40): In these weeks, students will complete tasks related to coaching, building a portfolio, and reflecting on their progress throughout. At the end of the application weeks, students will have completed their Transformation and/or Business Plan that they can use in real-life applications.

Coaching Circles (11 Clock Hours): Throughout the HCTP, students will participate in four 90-minute Coaching Circle sessions. Students will be able to choose and sign up for sessions that fit their schedule.

During the Coaching Circles, students participate in a group coaching environment under the guidance of a Health Coach. Students will be able to practice their coaching skills and receive feedback and advice from their Coaching Circle coach as well as other students.

Practice Coaching Sessions (12 Clock Hours): During the HCTP, students will practice using the skills they're learning by completing six practice Coaching Sessions. To complete practice Coaching Sessions, students will identify a friend, family member, or even a fellow student to serve as a client. The "client" will complete the practice Coaching Session form, and the student will conduct a practice Coaching Session using coaching tips, leading questions, and online resources. Finally, students will enter information and notes into the IIN Learning Center and have the opportunity to discuss their progress in Coaching Circles, the Facebook group, and the discussion forums.

[Integrative Nutrition Health Coach II HCTP Alumni Program](#)

Length: 432 Clock Hours

Prerequisite: Completion of the Health Coach Training Program™ prior to April 2022.

The Integrative Nutrition Health Coach II program teaches previously trained Health Coaches up-to-date principles of holistic health and wellness and how to apply them in a coaching setting through a 40-module, online course. The curriculum includes cutting-edge coaching skills and techniques, basics of nutritional science and health, and content on business development. Students are encouraged to complete various knowledge checkpoints throughout their learning, engage with other students through discussion questions, and expand their knowledge by completing module assignments.

Comprehensive, graded exams are given every nine modules. Students' understanding of the material is also enhanced through conference calls led by coaching instructors and the submission of practice Coaching Sessions, where students provide summaries of their sessions with prospective or current clients.

Objectives:

Upon completion of this program, students will be able to:

- Integrate a unique approach to health and happiness through experimentation with course theories and concepts.
- Comprehend IIN's unique nutrition theories in addition to traditional and modern nutrition concepts and the evolving state of global health.
- Implement IIN's refreshed core theories of primary and secondary food as well as bio-individuality to explore a personalized approach to wellness.
- Demonstrate the tools, techniques, theories, and guidelines that make up the Integrative Coaching Method™.
- Refine their coaching process based on the Integrative Coaching Method.
- Contribute to the global health movement through a conscious, ongoing commitment to health and happiness.

Module Descriptions:

Orientation (9 Clock Hours): The Orientation will review what students can expect. They'll meet the experts who will lead them through the course and hear from IIN alumni about the transformation they experienced through the Health Coach Training Program. Students will learn about IIN's unique approach to wellness and the important role that Integrative Nutrition Health Coaches play in spreading health and happiness across the globe. This module also includes information about connecting with the IIN community and how to use the various support resources available in the course.

Module 1 (10 Clock Hours): The first module sets students on the path to discovering what health really is. This is the beginning of an experience that will improve their well-being, their happiness, and their career – every aspect of their life. No matter their intention for enrolling in the Health Coach Training Program, students will leave this module feeling inspired and ready to get the most out of the IIN experience.

Module 2 (9 Clock Hours): Students will discover that nourishment is far more than just the food they eat. Every choice they make in every aspect of their lives contributes to well-being. This module looks more deeply at what health means, and students will see that nourishment happens on every level – physical, mental, emotional, and spiritual.

Module 3 (9 Clock Hours): This module explores the foundations of a healthy life. No matter the goals, there are certain fundamental concepts students can count on to provide a framework for creating lasting transformation. This module examines how students can use these healthy basics to connect with their intrinsic needs and build a thriving life.

Module 4 (9 Clock Hours): Students will explore the rhythms of life. Every day, they experience a number of natural rhythms, both within and around them. All these cycles can influence their ability to be healthy and thrive. By observing their natural rhythms and understanding how they live within external cycles, they can bring a state of balance and healing to their life.

Module 5 (11 Clock Hours): Students will explore the bidirectional link between the body and the mind. The body and mind are in constant communication, each influencing the other equally. This module looks at the science behind the relationship. Students will see how cultivating a strong connection between the body and mind can help them transform their life.

Module 6 (9 Clock Hours): This module focuses on the importance of listening. The body and mind are constantly sharing information, yet for all that can be gleaned from those messages, we don't always spend enough time listening. When we listen actively and deeply, without judgment, we can better support our multidimensional health needs.

Module 7 (9 Clock Hours): Students will learn about the importance of communication within and between all the systems in their lives. Every system in their body – and every system in their life – relies on communication to stay in balance. Physical health, mental well-being, and social, emotional, and spiritual needs all rely on communication. Students will learn that asking questions, listening to the answers, and honoring those answers even when they point them in an unexpected direction can help them achieve balance.

Module 8 (9 Clock Hours): This module explores how the emphasis students put on numbers – specifically, weight and finances – can influence the decisions they make about health and happiness. It's not uncommon to look at the numbers on the scale and the figures in the bank and use them as a base

for how we feel about ourselves, whether good or bad. But when we understand that these numbers are simply data points rather than reflections of our value as a person, we can change the role they play in our lives.

Module 9 (9 Clock Hours): Module 9 dives deeper into weight and finances, bringing light to what they really mean for students and helping them create a healthier relationship with each. Any rules they have knowingly or unknowingly created around food and finances have the ability to either serve or harm them. By digging into the structures or beliefs they have around those subjects, students can discover if they speak to their bio-individuality and truly support their life. If they don't, they can learn how to shift them to provide what they really need.

Module 10 (10 Clock Hours): Module 10 marks students' first IINtegration Week, allowing time for them to integrate what they've taken in through the past nine modules. Students can look back at what's resonated with them so far, anchor into the present to see how to incorporate what they've learned and identify potential action steps to help them succeed moving forward. The Health and Career Journals are available in this module. Using one or both, students will set the foundation for their Transformation Plan and/or Business Plan, workable personal or professional road maps they can act on to achieve their goals by the end of the course. Students will revisit and build on these journals in future IINtegration Weeks.

Module 11 (9 Clock Hours): Students will review the importance of getting to the root cause of symptoms. What we see outwardly doesn't always accurately reflect what's going on internally. To understand the symptoms, thoughts, and behaviors students experience, they must learn to uncover and treat the cause (or causes). Looking more deeply at what's happening can help them make the changes they truly need to transform their health, career, and life.

Module 12 (10 Clock Hours): Students will learn about the important role the gut plays in multidimensional health. It's always communicating with us, giving us signals as to what we need – physically, mentally, emotionally, and spiritually. This very tangible expression of the mind-body connection can help students make decisions that truly serve them; they just need to listen to and trust their gut.

Module 13 (10 Clock Hours): In this module, students will see how breaking through the complexities of life can help them improve their health and happiness. Understanding where and how things come about is an important part of understanding oneself. Students will come to understand that having this knowledge can impact their health, career, and relationships and can truly help them heal and transform their life.

Module 14 (9 Clock Hours): Students will learn how exploring what they can't see – the intangible pieces of health and life – can be key to helping them achieve greater wellness. Every aspect of health is integrated. While we may tend to focus on elements or experiences that are more obvious or easier to see, neglecting other aspects, especially those that may seem more mysterious or that we don't have a complete understanding of, can have repercussions that affect our whole life.

Module 15 (10 Clock Hours): In this module, students will look at how supporting the body's most complex organ can power the rest of the body and keep it healthy and happy. The brain plays a large role in multidimensional health. Supplying it with what it needs both on and off the plate – nourishing food,

mental activity, and joy, for example – can improve brain health and help keep the body functioning properly.

Module 16 (9 Clock Hours): Students will explore what truly fuels their mind, body, and soul. It can be helpful to understand how different sources of energy charge one's health. When we know what really drives our needs, our thoughts, and our life, we'll be able to move forward and make informed decisions that support our goals.

Module 17 (9 Clock Hours): In this module, students will learn how important it is for their health, their career, and their life to find balance. Often, moving forward requires recognizing what supports them and letting go of what isn't working. When they're able to find the state of balance we need and turn insight into action, we can truly create the transformation we seek.

Module 18 (10 Clock Hours): Students will see that not all rules are meant to be followed. When it comes to health and happiness, sometimes breaking from the norm is exactly what we need. Just because a certain path is the most common doesn't mean it's the right path for us. Students will learn that they can write the rules that will help them find their way to health and build the life they desire.

Module 19 (9 Clock Hours): Students will explore how important connection is for their well-being. Every aspect of their health and their life can improve through connection. Whether they're connecting with others via physical movement or spiritually relating to something greater than themselves, the more they connect, the greater their ability to have a thriving, fulfilling life.

Module 20 (10 Clock Hours): Module 20 marks the second IINtegration Week. This week, students will take some time to lock in on and make more space for their goals. They'll also continue formalizing their Transformation and/or Business Plans.

Module 21 (9 Clock Hours): Students will learn how to identify their bio-individual nutritional needs. No two people will have the same physical, mental, emotional, or spiritual requirements or goals. Pinpointing and tending to their unique needs is essential for optimizing and transforming their health and their life.

Module 22 (10 Clock Hours): Students will discover just how empowering it can be to break free from limitations. They may have knowingly (or unknowingly) established limiting beliefs regarding various aspects of their life – the food they eat, the value of the work they produce, or their acquired knowledge. Taking steps to identify and deconstruct these limitations can help them unlock their full potential.

Module 23 (10 Clock Hours): In this module, students will learn how to honor their authentic self. With an open mind, they can observe and explore which health and lifestyle approaches work best for them. Staying true to themselves and their needs will allow them to create a life where they can truly thrive.

Module 24 (10 Clock Hours): Students will discover ways to accept and support themselves entirely. Reconnecting to the hidden or unknown parts of themselves can help them live a healthier, fuller life. When students can uncover and embrace all the parts of their unique being, they're better able to connect with their needs and find the transformation they seek.

Module 25 (10 Clock Hours): Students will learn how to unlock their potential for personal and professional transformation. Their ability to develop is limitless, but to reach their full potential, they

must be able to recognize this fact. Finding the tools that allow them to open up and release their potential can help them find transformation and create the life they seek.

Module 26 (10 Clock Hours): In this module, students will dive into the subtle energies of life, within and around them. The body, the mind, the environment, and the world are all comprised of energy. Utilizing and directing our energy to benefit our health and wellness can help us become the best version of ourselves.

Module 27 (9 Clock Hours): Students will learn the importance of balancing their energies for a healthier, happier life. There are many circumstances in life and the world that can create imbalances. Discovering how to balance the energy we give off with the energy we receive can make for a more harmonious and fulfilling life.

Module 28 (10 Clock Hours): In this module, students will explore tools and practices to take their transformation even further. This module will show them ways to deepen their connection to their goals to help improve every aspect of their life.

Module 29 (9 Clock Hours): Students will discover the importance of seeing a complete picture of their health and life to help guide their transformation. Exploring their life more fully can provide them with great insight. The knowledge this exploration elicits will help them truly see their needs and guide them toward the future they desire.

Module 30 (10 Clock Hours): Module 30 marks the third IINtegration Week. This week, students will continue to formalize their Transformation or Business Plan and keep moving forward with their goals.

Module 31 (9 Clock Hours): Students will think about expanding their lives and discovering ways to find their purpose. Purpose is within and all around us and connecting with and living a life that feeds our purpose can help us truly thrive.

Module 32 (10 Clock Hours): In this module, students will review the idea that coaching is not just a profession, but a way of life. Our values, our integrity, and the way we choose to live shape our life as well as the world around us. They'll learn how embracing the coaching lifestyle can help them transform their lives and the lives of others.

Module 33 (9 Clock Hours): This module helps students explore the importance of investing in their needs and their future so they can bring out the best in themselves as they support others to do the same. Developing their talents and interests, both personally and professionally, will be one of the greatest gifts they can offer.

Module 34 (10 Clock Hours): This module shows students that in order to lead a truly healthy life, the world around them must also be able to flourish. It's essential to look beyond their personal needs and expand the effect they can have in their communities and the world at large. They have the ability to impact the lives of others as much as their own.

Module 35 (9 Clock Hours): Students will see how integrating everything they learn can help them have a more meaningful global impact. Increasing their understanding supports their growth and allows them to establish a more holistic view of life. Expanding themselves in this way improves their ability to influence the well-being of those around them as well as the world.

Module 36 (10 Clock Hours): Module 36 looks at how students can live their ripple effect and use it to transform the world. Everything they've learned during the Health Coach Training Program has prepared them to create and support change in themselves and others. In this way, one step at a time, students have the power to improve lives and help humanity thrive.

Module 37 (10 Clock Hours): Module 37 is the first step in the IINtegration Lab. It's designed to help students choose the path they'll follow, either health or career, so they can start bringing their goals to life. Students will preview both paths and their associated plans – the Transformation Plan for the health path and the two Business Plan options (Employment and Entrepreneurship) for the career path. Once they decide which path they want to follow, they'll work on the corresponding plan for the remainder of this module.

Module 38 (10 Clock Hours): Students will choose a project to work on for the remainder of the IINtegration Lab. They'll have the opportunity to review some recommended project ideas, but they can also choose their own. They'll find some tools and resources to help support them as they move forward with their project.

Module 39 (10 Clock Hours): In this module, students will focus on maintaining momentum, overcoming challenges, and moving toward completing their project.

Module 40 (10 Clock Hours): Module 40 is the last module of the IINtegration Lab and the course. During this module, students will finalize their project. They'll also explore what's beyond the program and celebrate all that they've accomplished.

IINtegration Lab Weeks (Clock hours included in Modules 36–40): In these weeks, students will complete tasks related to coaching, building a portfolio, and reflecting on their progress throughout. At the end of the application weeks, students will have completed their Transformation and/or Business Plan that they can use in real-life applications.

Coaching Circles (11 Clock Hours): Throughout the Integrative Nutrition Health Coach II program, students will participate in four 90-minute Coaching Circle sessions. Students will be able to choose and sign up for sessions that fit their schedule. During the Coaching Circles, students participate in a group coaching environment under the guidance of a Health Coach. Students will be able to advance their current coaching skills, practice strategies for overcoming challenges, and hone their practice. Additionally, students will receive feedback and advice from their Coaching Circle coach as well as other students.

Practice Coaching Sessions (12 Clock Hours): During the Integrative Nutrition Health Coach II program, students will practice using the skills they're learning by completing six practice Coaching Sessions. To complete practice Coaching Sessions, students will identify a friend, family member, or even a fellow student to serve as a client. The "client" will complete the practice Coaching Session form, and the student will conduct a practice Coaching Session using coaching tips, leading questions, and online resources. Finally, students will enter information and notes into the IIN Learning Center and have the opportunity to discuss their progress in Coaching Circles, the Facebook group, and the discussion forums.

[Chopra Coaching Certification](#)

Length: 432 Clock Hours

Prerequisites: No additional prerequisites beyond acceptance at IIN.

The Chopra Coaching Certification program is a National Board for Health and Wellness Coaching (NBHWC) Approved Training Program and is a blended online program that weaves together the best in health coaching science and methodologies with Deepak Chopra's life's work. The Chopra Coaching Certification Program is a comprehensive, personalized, and unique training program that leverages the latest in evolutionary and positive psychology, life coaching, and the 5,000-year-old wisdom traditions. Students will learn the methodologies that will eventually help them build their coaching practice along with the Chopra coaching model including the four cornerstones – Purpose, Intention, Meaning, and Shadow. Participants will have the opportunity to experience the cornerstone activities as a client, practice walking through the activity with their client, and connect with program peers and mentor coaches along the way. The program consists of foundational knowledge and practical skills of the coaching process standards and competencies of the National Board for Health and Wellness Coaching.

The Coaching Certification Program is broken into self-directed e-learning sessions and highly interactive instructor-led, live instructional webinars that include breakout rooms and group coaching exercises. Participation in the webinars is a fundamental part of the student's learning experience. Students will need to complete each e-learning module session before its corresponding webinars. Each week, students will access a new session topic and learning materials and attend session webinars twice a week. Students will facilitate practice coaching sessions with practice clients, engage with cohort groups, and participate in weekly mentor coaching group sessions with mentor coaches.

The Coaching Certification Program is a 21-week course. Once the program begins on the scheduled start date, its contents will be released each week, by session. The program requires an average of eight to ten hours a week commitment, including 90 minutes of weekly Health and Wellness Competency live instruction webinars, 1 hour of weekly group instruction and mentor coaching webinars with Chopra mentor coaches, 90 minutes of Chopra Coaching Methodology instructional webinar sessions, and 1 hour of optional office hours. Self-directed study and practice consist, on average, of 2 hours per week.

Objectives:

Upon completion of the program, students will be able to:

- Identify if an individual is an appropriate candidate by explaining the coaching process, establishing a coaching agreement, and client-centered relationship.
- Help clients clarify their health goals and implement and sustain behaviors, lifestyles, and attitudes that are conducive to optimal health.
- Implement NBHWC health and wellness coaching competencies, skills, and techniques with clients.
- Facilitate Chopra's coaching model and methodologies.
- Describe and utilize communication techniques that support enhanced client motivation and facilitate the client's desired and lasting behavior change through self-discovery and self-efficacy with tracking progress through coaching conclusion.
- Practice coaching skills demonstrating mindful and client-centered listening, presence, open inquiry, effective variations of reflections, action planning, and goal setting.
- Apply wellness and well-being concepts including the Travis Illness-Wellness Continuum, SMART goals, health promotion and disease prevention, applying a whole person perspective.

- Recognize and effectively make appropriate referrals for client needs and services to other providers.
- Demonstrate scope of practice as a health coach with standards of professional conduct, code of ethics, non-judgment, and confidentiality.
- Gain clarity around the type of business they want to create and learn how to find clients best suited to serve.
- Conduct one to one coaching sessions centered on client's current health and wellness challenges and behavioral modifications.

Successful graduates are eligible to apply and sit for the NBHWC certifying exam.

Curriculum Outline (modules/units):

Part 1: Chopra Foundations

Week 1: Becoming a Chopra Well-Being Coach

Week 2: Meditation Foundations

Week 3: Health Foundations

Part 2: Coaching Fundamentals

Week 4: Coaching Presence & Relationship

Week 5: Listening

Week 6: Questioning & Soul Reflections

Part 3: Chopra Pillars of Health

Week 7: Identifying and Preventing Disease

Week 8: The 6 Pillars of Chopra Health, Part 1

Week 9: The 6 Pillars of Chopra Health, Part 2

Part 4: Coaching Cornerstones

Week 10: Purpose – Experience

Week 11: Purpose – Structured

Week 12: Purpose – Improv

Week 13: Intention – Experience

Week 14: Intention – Structured

Week 15: Intention – Improv

Week 16: Meaning – Experience

Week 17: Meaning – Structured

Week 18: Meaning – Improv

Week 19: Shadow – Experience

Week 20: Shadow – Structured

Week 21: Shadow – Improv

Module/Unit descriptions & clock hours:

Part 1: Chopra Foundations

Week 1: Becoming a Chopra Well-Being Coach (2 Clock Hours): Coaching starts with establishing an intentional relationship where all expectations and needs are communicated, and agreements are made. Students connect with Chopra instructors, faculty, and program peers for a mindful ice-breaker practice. Students will get a brief welcome to the program, an overview on the basics of coaching, walk through the Chopra Coaching Model, and receive instructions on getting a practice client to work with throughout Part 3 of the program.

Week 2: Meditation Foundations (2 Clock Hours): Students learn the basics of meditation, its scientific benefits for health and well-being, and how it can be used as a tool to harness the power of mindful awareness and behavioral changes. Students learn Chopra’s signature style of mantra-based meditation techniques, its origins, a personalized Primordial Sound Meditation mantra, and learn how, when, and where to incorporate meditation practice. Engaging in self-awareness practices, including emotional self-regulation, and stress management.

Week 3: Health Foundations (2 Clock Hours): Modern science and research is showing us over and over that the antiquated one-size-fits-all approach to health and well-being needs to start moving in a more personalized, preventative, and practical direction. Students will learn an introduction to Ayurveda that will help them to understand their mental, physical, and spiritual health on a more individualized level, by relating their tendencies and characteristics to the forces of nature—space, air, fire, water, and earth. These five elements combine to create the three mind-body constitutions, known as the doshas: Vata, Pitta, and Kapha. This week, students will learn about their own individual doshic constitution, and how to bring health and well-being into their life through the five senses.

Part 2: Coaching Fundamentals

Week 4: Coaching Presence & Relationship (2 Clock Hours): Coaching is a unique way of being and set of skills that encourages change and transformation. Students observe demo coaching sessions and discuss how to integrate the role and responsibilities of a coach. They’ll get an overview of the coaching presence (including being present and having presence), walk through the change models, and learn how to integrate into their coaching presence.

Week 5: Listening (2 Clock Hours): Students learn how to hone into their mindful listening skills and work in groups to brainstorm powerful questions to take their clients deeper into awareness, moving them forward into action. Students learn the foundational skill of any coaching relationship: listening. This includes specific key moments to listen for in the coaching conversation, and tendencies of both the coach and the client based on dosha types.

Week 6: Questioning & Soul Reflections (2 Clock Hours): Students learn the art of "Coaching Reflection" as a way to let their client feel seen and heard. Students will put everything they've learned together and offer a coaching session to one of their program peers. They'll learn how to introduce themselves into the coaching conversation, with thoughtful questions and reflections, then prepare for Part 3.

Part 3: Chopra Pillars of Health

Week 7: Identifying and Preventing Disease (2 Clock Hours): Students learn to apply foundational coaching skills to conversations about health and well-being. They'll uncover some of the biggest warning signs of poor health and disease and use the Travis Illness-Wellness Continuum to identify where their client is headed with current and future planned lifestyle decisions.

Week 8: The 6 Pillars of Chopra Health, Part 1 (2 Clock Hours): Through Chopra's six pillars of health—nutrition, movement, sleep, meditation, emotions, and self-care—students learn about practices that can help their clients achieve their wellness and lifestyle goals and move toward a healthier and more sustainable future. Modern science paired with ancient wisdom can help clients get from where they are to where they want to be. Part 1 will cover nutrition, movement, and sleep.

Week 9: The 6 Pillars of Chopra Health, Part 2 (2 Clock Hours): Through Chopra's six pillars of health—nutrition, movement, sleep, meditation, emotions, and self-care—students learn about practices that can help their clients achieve their lifestyle goals and move toward a healthier and more sustainable future. Modern science paired with ancient wisdom can help clients get from where they are to where they want to be. Part 2 will cover meditation, emotions, and self-care.

Part 4: Coaching Cornerstones

Week 10: Purpose – Experience (2 Clock Hours): During this week, students will act as a client, experiencing being coached through this cornerstone. Discovering who we are at our core is essential to moving forward. This cornerstone helps clients clarify their archetype and legacy—leaving them with a meaningful purpose statement to guide their choices like a north star. Purpose is the experience of fully understanding the expansive and conventional "I." and using effective questioning, such as "Who am I?" and "What is my purpose?"

Week 11: Purpose – Structured (2 Clock Hours): Students learn how to guide their clients through the same coaching experience they worked through in the previous week.

Week 12: Purpose – Improv (2 Clock Hours): Students will take the key concepts from the structured experience and learn how to blend them into a more nuanced and organic conversation with their client.

Week 13: Intention – Experience (2 Clock Hours): During this week, students will act as a client, experiencing being coached through this cornerstone. Integrating goals is key to enabling change and transformation. This cornerstone helps clients clarify their well-being vision—and commit to achieving it through specific, consistent actions. The knowledge of intention puts the power of the outcome in the hands of the individual and using effective questioning such as, "What do I want?" and "What am I grateful for?"

Week 14: Intention – Structured (2 Clock Hours): Students learn how to guide their clients through the same coaching experience they worked through the previous week.

Week 15: Intention – Improv (2 Clock Hours): Students will take the key concepts from the structured experience and learn how to blend them into a more nuanced and organic conversation with their client.

Week 16: Meaning – Experience (2 Clock Hours): During this week, students will act as a client, experiencing being coached through this cornerstone. Our perspective shapes our reality. The meaning cornerstone helps clients identify and shift their conditioned, limiting beliefs so they can view life through a more expanded and optimistic lens. Action without meaning holds no value. The meaning behind action is the driving force that sustains positive change. Using effective questioning such as, “How are my beliefs limiting my potential?”

Week 17: Meaning – Structured (2 Clock Hours): Students learn how to guide their clients through the same coaching experience they worked through the previous week.

Week 18: Meaning – Improv (2 Clock Hours): Students will take the key concepts from the structured experience and learn how to blend them into a more nuanced and organic conversation with their client.

Week 19: Shadow – Experience (2 Clock Hours): During this week, students will act as a client, experiencing being coached through this cornerstone. Everyone has aspects of themselves they want to improve. The shadow cornerstone helps clients recognize and clear their own subconscious judgments, painful emotions, limiting beliefs, and internal blocks. Shadow work helps clear unprocessed emotions that stick to past experiences and prevents growth and change. Using effective questioning, such as, “How can I fully accept all aspects of myself right now?”

Week 20: Shadow – Structured (2 Clock Hours): Students learn how to guide their clients through the same coaching experience they worked through the previous week.

Week 21: Shadow - Improv (2 Clock Hours): Students will take the key concepts from the structured experience and learn how to blend them into a more nuanced and organic conversation with their client. Students will also conclude the program here, with some final notes and next steps for their coaching career.

Chopra Coaching Methodology Live Instruction Webinars (31.5 Clock Hours): There are weekly live video conference webinars (90-minute sessions) that correlate with each program module session. The video conferences are highly interactive, instructor-led live webinars with coaching demos and exercises, students will practice demonstrating coaching skills and techniques with program peers, instructor development-focused feedback is provided in preparation for practical skills assessments.

Mentor Coaching Group Sessions (21 Clock hours): Students attend weekly mentor coaching group sessions (60-minute sessions) with a Chopra mentor coach. The weekly meetings will reinforce what students learned in each session module, get support to confidently deliver and learn from practice coaching sessions with peers, and receive development-focused feedback on student’s coaching skills in preparation for practical skills assessments.

Health and Wellness Competency Live Instruction Webinars (31.5 Clock Hours): There are weekly Health and Wellness Competency live instruction video conference webinars (90-minute sessions) that correlate with each program module session. The webinars consist of fundamental curriculum, knowledge, and practical skills of the coaching process standards and competencies of the National Board for Health and Wellness Coaching. The video conferences are highly interactive, instructor-led live

webinars. Participation in interactive webinars is an important part of the learning and coaching experience.

Webinar topics include:

Webinar 1: Becoming a National Board-Certified Health & Wellness Coach

Webinar 2: Mindfulness – A Foundation for Coaching Practice & Behavior Change

Webinar 3: The Foundation of Behavior Change

Webinar 4: Establishing the Coaching Relationship

Webinar 5: The Power of Listening

Webinar 6: Responding to Clients

Webinar 7: Chronic Disease Prevention & Management

Webinar 8: Lifestyle Interventions for Health & Well-being, Part 1

Webinar 9: Lifestyle Interventions for Health & Well-being, Part 2

Webinar 10: Purpose – An Integral Aspect of Health & Well-being

Webinar 11: Creating a Vision for Health & Well-Being

Webinar 12: Defining Values

Webinar 13: Assessing Health & Wellness

Webinar 14: Readiness for Change

Webinar 15: Goal Setting Basics

Webinar 16: Behavior Change – Learning from Successes & Challenges

Webinar 17: Closing the Coaching Relationship

Webinar 18: Practicing Your Skills

Webinar 19: Practicing Your Skills

Webinar 20: Ethics of Health & Wellness Coaching

Webinar 21: Conclusion and Next Steps

[Chopra Meditation Instructor Certification](#)

Length: 108 Clock Hours

Prerequisites: No additional prerequisites beyond acceptance at IIN.

In the Chopra Meditation Instructor Certification Program, students will learn and integrate yogic texts and develop a personal meditation teaching approach. Students will receive exclusive teachings, access to teacher tools and resources for building curriculum, and business best practices, as well as learn the latest in meditation studies and research. Students will deepen their knowledge and gain essential skills to teach the four Primordial Sound Meditation classes, learn the Primordial Sound mantras, and explore an introduction to Vedanta philosophy. This program includes two-course components, Meditation Foundations and Meditation Certification sessions. In the Meditation Foundations course, students learn the basics of Primordial Sound Meditation, receive their personal mantra, and establish a daily meditation practice. The curriculum is composed of self-directed e-learning sessions and highly interactive instructor-led, live instructional webinars that include breakout rooms, group discussions, practice teaching, and student Q&A.

The e-learning sessions consist of content in video, audio, and written formats. Participation in the webinars is a fundamental part of the student learning experience. Each week, students will access a new e-learning session topic and learning materials. Students need to complete each e-learning session before its corresponding webinar on the topic. Each e-learning session includes knowledge check quizzes, reflection questions, student frequently asked questions, and teaching resources. In the weekly webinars, students will facilitate practice teaching sessions with practice students and engage with cohort groups with Chopra program educators and faculty.

Objectives:

Upon completion of this program, students will be able to:

- Deliver Chopra's Primordial Sound Meditation classes.
- Teach basic meditation principles and practices in addition to a specific meditation technique called Primordial Sound Meditation.
- Set up, market, and teach Chopra Certified Meditation classes in a manner and frequency that works with their schedule.
- Instruct Chopra's Primordial Sound Meditation classes and class topics as an independent contractor, entrepreneur to the general public, and/or seek employment in places such as wellness centers, health clubs/gyms, spas, retreat centers, schools, corporations, and more.
- Describe the history of meditation, mantra techniques, Deepak Chopra's seven spiritual laws of success, mindful awareness practices, practical aspects of meditation, personal mantras, physical, emotional, and scientific benefits of meditation, higher states of consciousness, and Vedic philosophy and concepts.
- Use presentation, public speaking skills, and turn-key methods for facilitating group and individual meditation instruction.
- Explain the framework for creating unlimited success and abundance with effortless ease in all areas of life through Deepak Chopra's seven spiritual laws of success.
- Use the basic principles and concepts of meditation practices for well-being.
- Work with clients to create a daily meditation practice for enhanced health.
- Teach mindful awareness and breathing techniques that create calm and focus.
- Lead guided meditations including the Primordial Sound Meditation method.

Module/Unit descriptions & clock hours:

Part 1: Meditation Foundations

Session 1: Principles of Meditation (2 Clock Hours): Students learn the purpose of meditation and how it can bring about meaningful change in their lives. Deepen your understanding of what meditation is and its profound physical, mental, emotional, and spiritual benefits. Discover how to practice meditation as an antidote to stress. Understand that meditation isn't about forcing your mind to be quiet; it's about experiencing the silence that's already there and making it a part of your life. Clarify your ultimate purpose for establishing a daily meditation practice.

Session 2: Mantra Instruction (2 Clock Hours): Understand what a mantra is and how it can support you in quieting your thoughts, focusing your attention, and connecting to your true self. Understand the origins of the Primordial Sound Meditation technique. Students learn and receive instruction for their Primordial Sound Meditation mantra.

Session 3: Perfecting the Practice (2 Clock Hours): Establish a daily meditation practice and learn how to overcome challenges. Understand what experiences normally come up during meditation and how to work with them when they arise. Learn meditation best practices to create a successful daily meditation practice. Practice the meditation mechanics of stress release. Learn how to prepare and define the technique of mantra meditation. Meditate with a guided meditation led by Deepak Chopra.

Session 4: Higher States of Consciousness (2 Clock Hours): Understand what waking up to higher states of consciousness means and how meditation can help you do this. Learn the seven states of consciousness and how to recognize each one. Meditate with a guided meditation led by Roger Gabriel. Supplemental meditation articles and resources will be provided.

Part 2: Meditation Certification

Session 1: Deepening Your Practice (4 Clock Hours): Explore the origins and science of meditation and Primordial Sound Meditation. Dive deeper into the higher states of consciousness and learn how to use mindful awareness techniques to enrich your meditation practice. Included are self-care daily practices of a Chopra yoga flow, pranayama (breathing technique), and guided meditation to enhance personal well-being.

Session 2: Mantras and Meditation Techniques (4 Clock Hours): Discover the origins and purpose of specific mantras. Learn mantras such as the Gayatri mantra, Shanti mantra, So Hum, and Shakti mantras to supplement your meditation practice. Deepen your understanding of Primordial Sound Meditation mantras. Explore different forms of meditation—and the unique value each can bring to your life. Included are self-care daily practices of a Chopra yoga flow, pranayama (breathing technique), and guided meditation to enhance personal well-being.

Session 3: Seven Spiritual Laws of Success (4 Clock Hours): Study the knowledge of each of Deepak Chopra's seven spiritual laws of success and learn how they affect day-to-day well-being, and create a map to our true self, and our connections with others and nature. Learn a framework for creating unlimited success with effortless ease, get in touch with your inner being, and experience success in all areas of life. Included are self-care daily practices of a Chopra yoga flow, pranayama (breathing technique), and guided meditation to enhance personal well-being.

Session 4: Eight Limbs of Yoga (4 Clock Hours): Learn the philosophy of the eight limbs of yoga from the Yoga Sutras of Patanjali, as a guide to live a more meaningful and purposeful life and apply it to your meditation and mindful awareness practices. Deepen your understanding of the four paths of yoga and the meaning of unity consciousness. Included are self-care daily practices of a Chopra yoga flow, pranayama (breathing technique), and guided meditation to enhance personal well-being.

Session 5: Wisdom of the Chakras (4 Clock Hours): Learn the seven main chakras, how they affect our holistic well-being, and how to keep them in balance. Gain an understanding of what happens in the physical body first in the subtle body. This illuminates the mind-body connection, bridging the relationship between our physical, mental, emotional, and spiritual well-being. Included are self-care daily practices of a Chopra yoga flow, pranayama (breathing technique), and guided meditation to enhance personal well-being.

Session 6: Sharing the Practice (4 Clock Hours): 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. Learn ways to inspire others, explain meditation to them, and begin sharing the benefits of the practice. Learn a step-by-step process for teaching a short introduction to meditation, leading a guided meditation, and answering frequently asked questions. Included are self-care daily practices of a Chopra yoga flow, pranayama (breathing technique), and guided meditation to enhance personal well-being.

Session 7 - The Art of Teaching & Presenting (4 Clock Hours): Receive an introduction and overview to the next sessions and prepare for practice teaching with practice students. Then delve into the skills you'll need to become an effective meditation teacher—including creating presentations, identifying your presentation, and teaching styles for teaching in-person and virtually to individuals and groups, the qualities of a teacher, responding to student questions, and public speaking. A comprehensive instructor's manual is provided.

Session 8 - Teaching Class 1: Introduction to Chopra Meditation (4 Clock Hours): Learn how to teach the first class of the Chopra Primordial Sound Meditation class. The Primordial Sound Meditation classes are comprised of four separate classes with guided meditations. This first class of the Primordial Sound Meditation class introduces your students to an overview of the classes and what to prepare for. The Introduction to Chopra Meditation includes the topics of the origins of Primordial Sound Meditation, the purpose of meditation, the physical, emotional, and spiritual benefits of meditation as well as the science and research behind the technique. You'll discuss the impacts of stress on the mind-body system and how meditation acts as an antidote to stress. Review how the cycles of our behaviors, thoughts, and choices influence our well-being - and how meditation can help move us beyond constrictions and limitations. You'll explain how we are multidimensional beings through the Layers of Life concepts. Explain the role of our thoughts and the concept of the gap, our inner silence. You'll conclude by explaining mantras as a vehicle, as well as how Primordial Sound Meditation mantras are chosen—and how they connect us to our universal nature of stillness and silence and prepare your students for the next class – the Personal Mantra Instruction.

Session 9 - Teaching Class 2: Personal Mantra Instruction (4 Clock Hours): You will learn how to instruct the Primordial Sound Meditation ceremony before teaching your student's personal mantra and then guiding them on how to use it. You will also practice reciting the Shanti mantra chant. You'll lead a brief

guided meditation with your students to ensure they're comfortable with the process and provide support through answering questions at the end of the ceremony and meditation.

Session 10 - Teaching Class 3: Perfecting the Practice (4 Clock Hours): Learn how to reflect on your students' experiences during their first Primordial Sound Meditation practice. Explain the practical aspects of meditation, prepare students for the experiences they'll have during meditation, and discuss the mechanics of stress release. This class establishes the foundations of the basic principles of meditation to help students develop a lasting and effective meditation practice. Topics include the structure of the Primordial Sound Meditation mantras, preparing for meditation, where and when to meditate, how to meditate, thoughts and experiences in meditation, the breath and sounds during meditation, timing and completing meditations, disturbances, and expectations, and the value of meditation. You'll review leading group and guided meditations using specific mantras and the Primordial Sound Meditation method. You'll explain to your students the components of the Primordial Sound Meditation method which includes observation of the breath, reflective self-inquiry, the I am sequence, Primordial Sound mantra practice, resting in being, and setting subtle intentions. Meditation scripts provided.

Session 11 - Teaching Class 4: Higher States of Consciousness (4 Clock Hours): Learn how to teach the seven states of consciousness recognized in the Vedic tradition and how students can begin to unfold them fully in their daily lives through regular meditation. Help your students understand how meditation supports bringing their awareness to the higher states. Topics include defining consciousness, introduction to the seven states of consciousness, explain each state - waking, dreaming, deep sleep, transcendental, cosmic, divine, and unity. Review and summarize key topics in the Primordial Sound Meditation classes and answer student questions.

Session 12 – Customizing Your Classes (4 Clock Hours): You will learn ways to take the Chopra meditation program content and customize it to better support your students and teaching needs. Learn to understand your students, what questions you should ask about them, and how to get the answers when you're teaching specific groups. Learn how to prepare for when a new teaching situation requires you to customize your classes when needed. Learn some specific approaches and techniques for teaching meditation to different groups, such as children and teenagers, teaching in schools, and the workplace. Learn various practices for addressing situations that can come up when people meditate. You'll look deeper into the science of meditation—and how sharing it with students can help you maximize your teaching. Continue to explore research and studies you can use to uncover the science behind the practice and receive scripts to teach the science of meditation. Supplemental articles and resources provided.

Session 13 – Integration Week (4 Clock Hours): Review the key topics from each program session using the study guide available in this session. Prepare for practice teaching by creating presentations for each of the class lessons. Coordinate and schedule practice teaching with practice students. Study and prepare for the multiple-choice final exam and requirements for certification. Take time to reflect on your learning experience and meditation practice.

Session 14 – The Lifelong Learner, An Introduction to Vedanta and Yoga Sutras (4 Clock Hours): As you begin sharing the life-changing practice of Primordial Sound Meditation with students, we encourage you to be a lifelong learner—someone who stays curious, quests after knowledge, and seeks out new skills in an ongoing, voluntary, and self-motivated way. You'll explore and gain a deeper understanding of

the philosophy behind some of the core concepts in the Upanishads, the Yoga Sutras, the Four Paths of Yoga, and the Bhagavad Gita and how these texts are essential to the Vedic tradition and relate to the practice of Primordial Sound Meditation. This information is for your personal learning and growth.

Session 15 - Primordial Sound Meditation Mantras (4 Clock Hours): Learn how to pronounce the Primordial Sound Meditation Mantra's Sanskrit pronunciations. Receive a list of the 108 Primordial Sound mantras, then practice reciting each one to prepare to perform the personal mantra instruction ceremony with your students when you become a Chopra Certified Meditation instructor. Understand how the Primordial Sound mantras are calculated. After you've graduated from the Chopra Meditation Certification program, you'll receive information on how to access Chopra's online Primordial Sound Meditation mantra program—an easy and convenient way to calculate your students' mantras. Review Class 2: Personal Mantra Instruction key points for teaching students their Primordial Sound mantra. Scripts provided.

Session 16: Teacher Tools and Resources & Business Best Practices (4 Clock Hours): Learn practical steps and insights to successfully begin teaching as a Chopra Certified Meditation instructor 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.

Final Exam & Practice Session Submission Module: (14 Clock Hours): Students prepare for and complete a multiple-choice final exam (4 hours). Students submit a completed practice teaching log, totaling ten (10) hours of practice teaching with practice students, which can be completed throughout the program.

Live Webinar Discussion Groups (18 Clock Hours): Each week, course participants may attend live discussion group webinars with program participants and Chopra faculty via video conference. These webinars are highly interactive and include breakout rooms, group discussions, and practice teaching. This is a space for participants to connect with program peers, learn from each other, connect with faculty, and ask Chopra faculty program logistical and content questions. Most importantly, this is the opportunity for students to practice teaching content and receive feedback in a supportive environment.

Participation is an essential part of the learning and teaching experience. Students will need to complete the open e-learning sessions before the scheduled webinars. Students can attend the webinars live or review the recordings in their program.

Group Meditation Sessions (4 Clock Hours): The online group meditation sessions are an opportunity for students to meditate in a group setting via video conference with Chopra faculty. The group meditation sessions will also help students stay motivated and engaged in their meditation practice. Students practice leading group meditations and receive feedback from faculty.

[Chopra Online Ayurvedic Health Instructor Certification](#)

Length: 105 Clock Hours

Prerequisites: No additional prerequisites beyond acceptance at IIN.

In the Chopra Online Ayurvedic Health Instructor Certification Program, medical doctors and Ayurvedic experts guide students to deepen their Ayurvedic practice. Students will learn to live in balance and

develop personalized routines based on their specific physical, mental, and spiritual makeup. Students will anchor into Chopra's Six Pillars of Health and gain the skills and confidence to teach personalized Ayurvedic, self-care practices to others. Students receive exclusive teachings to learn basic Ayurvedic philosophy and concepts, as well as discover the latest scientific research. As a Chopra-certified Ayurvedic Health Instructor, graduates will be able to teach to a variety of audiences, including groups and one-on-one consults, to guide others in their journey to achieving greater health and well-being.

This program includes two-course components, Health Foundations and Health Certification Sessions.

The curriculum is composed of self-directed e-learning sessions and highly interactive instructor-led, live instructional webinars that include breakout rooms, group discussions, practice teaching, and student Q&A.

The e-learning sessions consist of content in video, audio, and written formats. Participation in the webinars is a fundamental part of the student learning experience. Each week, students will access a new e-learning session topic and learning materials. Students need to complete each e-learning session before its corresponding webinar on the topic. Each e-learning session includes knowledge check quizzes, reflection questions, student frequently asked questions, and teaching resources. In the weekly webinars, students will facilitate practice teaching sessions with practice students and engage with cohort groups with Chopra program educators and faculty.

Objectives:

Upon completion of this program, students will be able to:

- Teach Chopra Ayurvedic Health classes in a variety of formats, covering Deepak Chopra's Six Pillars of Health.
- Set up, market, and teach Ayurvedic Health classes in a manner and frequency that works with their schedule.
- Instruct the Chopra Health Ayurvedic classes and class topics as an independent contractor, entrepreneur to the general public, and/or seek employment in places such as wellness centers, health clubs/gyms, spas, retreat centers, schools, and corporations.
- Safely and appropriately teach Ayurvedic Health lifestyle practices for enhancing well-being.
- Teach the basic principles and concepts of Ayurveda and Ayurvedic lifestyle practices for well-being.
- Determine a client's dosha or body constitution and provide general Ayurvedic lifestyle self-care practices to balance the body and mind.
- Describe the foundations of Ayurvedic nutrition – including healthy digestion and provide recommendations on foods and culinary herbs and spices to prepare healthy meals according to a client's dosha.
- Use mindful eating awareness techniques.
- Provide an Ayurvedic perspective on emotional well-being and learn conscious communication and emotional clearing methods and techniques.
- Work with clients to create a daily self-care routine for enhanced health and happiness, including practices that soothe and balance the body and mind through each of the five senses.

- Explain the basics and physical, emotional, and scientific benefits of meditation.
- Demonstrate techniques and meditation practices such as guided meditations to reduce stress, increase gene activity, and enhance well-being.
- Practice and teach mindful movements and breathing techniques that enhance calm and focus by balancing the nervous system and each of the doshas.

Module/Unit descriptions & clock hours:

Part 1: Health Foundations

Lesson 1: What's Ayurveda? (1.5 Clock Hours): Students learn about the ancient science of Ayurveda—a practical, preventative, and participatory healthcare system created over 5,000 years ago and backed by modern science.

Lesson 2: The Three Doshas (1.5 Clock Hours): Students learn how the five master elements come together to form the three doshas (Vata, Pitta, and Kapha), and begin to recognize their attributes and presence in everyday life.

Lesson 3: Prakruti (1.5 Clock Hours): Students learn to understand our essential nature—the characteristics that we were born with and that influence our physical and emotional constitutions.

Lesson 4: The Five Senses (1.5 Clock Hours): Students learn how to use all of their senses - sound, touch, sight, taste, and smell to achieve well-being.

Lesson 5: Vikruti (1.5 Clock Hours): Students discover how everyday doshic energies can influence our natural state and learn Ayurvedic practices on how to use a daily routine to get back in balance.

Part 2: Ayurvedic Health Certification

Session 1: Introduction to the Program and Nutrition (2 Clock Hours): Students learn Chopra's pillars of health – the foundation for establishing self-care practices for body, mind, and spirit well-being through the wisdom of Ayurveda. They'll discover how Ayurvedic lifestyle practices can transform the expression of genes for self-regulation, healing, and balance. Students learn how to use food, culinary herbs, and spices to prepare balanced meals with all the nutrients and increase nourishment through mindful eating practices. Understand the principles for digestion, detoxification, and health, including agni, our ability to digest our food, emotions, and everything we experience.

Session 2: Movement (2 Clock Hours): Students deepen their wellness journey with gentle yoga movements and breathing techniques that enhance calm and focus by balancing the nervous system. Practice mindful movements to balance each of the doshas.

Session 3: Sleep (2 Clock Hours): Understand how to align the body's rhythms with the patterns of nature to get deeper, more restful sleep, and create a consistent sleep and bedtime routine. Explore the science and benefits of restful sleep.

Session 4: Meditation (2 Clock Hours): Discover the basics and many benefits of meditation. Learn techniques and meditation practices to reduce stress, increase gene activity, and enhance well-being.

Session 5: Emotions (2 Clock Hours): Define emotions and our deepest human needs. Identify emotions with the doshas. Explore empowering methods to communicate and express our needs. Experience

emotional clearing techniques to release unresolved emotions—leading to greater health, happiness, and success.

Session 6: Self-Care (2 Clock Hours): Create a daily self-care routine for lasting health and happiness, including new practices that soothe and restore the body through each of the five senses. Learn balancing techniques through sound, touch, sight, taste, and smell for each of the doshas.

Session 7: Ayurvedic Concepts (4 Clock Hours): Students prepare for the next steps in the program and practice teaching with program peers and practice students. Dive into the Vedic philosophy that is the source of Ayurveda to understand health at all levels of body, mind, and spirit. Learn foundational, in-depth physiology concepts such as the gunas and sub-doshas as they relate to the dosha qualities. Learn how Ayurveda is a manual for conscious living that shows us how to make everyday choices that restore our natural state of balance and health as we awaken to our true selves.

Session 8: Teaching and Presenting (4 Clock Hours): Learn to teach and present the Chopra Ayurvedic Health classes with confidence to a wide range of audiences with diverse backgrounds and needs. Cultivate the basics of public speaking to refine your presenting and teaching skills. Learn presentations and best practices for teaching in person or virtually.

Session 9: Teaching Introduction to Ayurveda (4 Clock Hours): Students begin to learn how to instruct Ayurvedic practices and total self-care starting with Introduction to Ayurveda. Learn to teach an overview of the six pillars, the foundations of Ayurveda, the mahabhutas (elements), the doshas, and how to present the Prakruti and Vikruti quizzes.

Session 10: Teaching Ayurvedic Nutrition (4 Clock Hours): Learn to teach the key points of Nutrition and how to increase energy and well-being through nutrition and proper digestion with Ayurvedic principles. Topics include agni, ama, ojas, the six tastes, eating to balance each of the doshas, and eating with mindful awareness.

Session 11: Teaching Emotional Freedom (4 Clock Hours): Learn to teach the key points of Emotions. Topics include the nature of emotions, universal human needs, Ayurveda and the doshas, the seven biological responses, conscious communication, and emotional clearing practices to balance and nurture emotional wellbeing.

Session 12: Teaching Inner Pharmacy (4 Clock Hours): Learn to teach the key points of the Five Senses. Topics include understanding the science around balancing the doshas through sound, touch, sight, taste, and smell. Students learn to teach specific sensory practices and the impact and benefits of sensory impressions.

Session 13: Teaching Ayurvedic Daily Routines (4 Clock Hours): Learn to teach the key points in Self-Care. Topics include guiding others to create their own daily and seasonal self-care routines to restore balance, circadian rhythms, mindful movement for the doshas, and restful sleep.

Session 14: Teaching Basic Meditation (4 Clock Hours): Learn to teach the key topics in Meditation. Gain the skills to lead guided meditations and teach others basic meditation and mindful awareness practices.

Session 15: Teaching Pranayama (4 Clock Hours): Review and learn to guide others in gentle pranayama (breathing techniques) to restore balance. Learn to teach the daily and scientific benefits of pranayama for each dosha.

Session 16: Teacher Tools, Resources, and Best Practices (4 Clock Hours): Learn practical steps and insights to successfully begin teaching as a Chopra-certified Ayurvedic Health Teacher through business goals, marketing best practices, and much more. Review methods to facilitate classes of all sizes and levels, in one-to-one consultations, group, and virtual formats.

Final Exam & Practice Session Submission Module: (14 Clock Hours): Students prepare for and complete a multiple-choice final exam (4 hours). Students submit a completed practice teaching log, totaling ten (10) hours of practice teaching with practice students.

Live Webinar Discussion Groups (28 Clock Hours): Each week, program participants may attend live discussion group webinars with program participants and Chopra faculty via video conference. These webinars are highly interactive and include breakout rooms, group discussions, and practice teaching. This is a space for participants to connect with program peers, learn from each other, connect with faculty, and ask Chopra faculty program logistical and content questions. Most importantly, this is the opportunity for students to practice teaching content and receive feedback in a supportive environment. Participation is an essential part of the learning and teaching experience. Students will need to complete the open e-learning sessions before the scheduled webinars. Students can attend the webinars live or review the recordings in their program.

Group Meditation Sessions (3.5 Clock Hours): The online group meditation sessions are an opportunity for students to meditate in a group setting via video conference with Chopra faculty. The group meditation sessions will also help students stay motivated and engaged in their meditation practice, one of the pillars of health.

[Chopra Yoga 200_Hour Certification](#)

Length: 250 Clock Hours

Prerequisites: No additional prerequisites beyond acceptance at IIN.

The Chopra Yoga Certification is an interactive online training where participants will learn a deep, inclusive, and personalized form of yoga that honors each of our unique physiologies and celebrates how the core philosophies of yoga can elevate our lives. Bringing in Dr. Deepak Chopra's Seven Spiritual Laws as well as foundational concepts in Ayurveda, graduates will distinguish themselves with internationally recognized training (Yoga Alliance) and the ability to translate these rich concepts. This program includes 2 course components – Yoga Foundations and Yoga Certification Modules.

The program includes the foundations of teaching methodology, yoga history and philosophy, anatomy and physiology, asanas (yoga poses), sequencing, cueing, alignment and safety fundamentals, pranayama (breathing techniques), Ayurvedic principles, meditation, Chopra's seven spiritual laws of success, mantras, mudras, Sanskrit study, practice teaching, and the business of yoga. An in-depth and extensive instructional video and content library is provided with over 60 asanas (yoga poses), yoga class sequences, mudras, and pranayama (breathing techniques).

The Chopra Yoga Certification is a 200-hr Registered Yoga Training that adheres to and exceeds the elevated curriculum and standards of Yoga Alliance.

The program is composed of self-directed e-learning modules and highly interactive instructor-led, live instructional webinars that include breakout rooms, group discussions, practice teaching, and student

Q&A. The e-learning modules and libraries consist of content in video, audio, and written formats. Participation in the webinars is a fundamental part of the student's learning experience. Students will need to complete each e-learning module before its corresponding webinars. Each week, students will access a new session topic and learning materials and attend weekly webinars. Students will facilitate practice teaching sessions with practice students, engage with cohort groups, and participate in weekly webinars with Chopra Yoga Trainers.

Objectives:

Upon completion of this program, students will be able to:

- Teach in-person and virtual yoga classes to the general public.
- Gain employment as a yoga instructor at yoga studios and gyms or through self-employment.
- Register as a 200-Hour Registered Yoga Teacher (RYT) with Yoga Alliance
- Demonstrate a comprehensive understanding of the history and philosophy of yoga, including its origins, evolution, and key texts such as the Yoga Sutras of Patanjali and the Bhagavad Gita.
- Apply the ethical principles of yoga (Yamas and Niyamas) in both personal and teaching practices.
- Incorporate the Seven Spiritual Laws of Success into a yoga sequence and class.
- Relate a fundamental knowledge of human anatomy and physiology to yoga practice.
- Explain the biomechanics of common yoga poses and the physiological benefits of yoga, including its effects on the nervous and endocrine systems.
- Teach a broad range of yoga poses (asanas), including proper alignment, verbal instruction, variations, and modifications.
- Sequence asanas into a class while considering student needs and yoga styles • Use various breathing techniques (pranayama) and describe their effects on the mind and body.
- Explain the concepts of the subtle body, including chakras and energy channels (nadis).
- Lead guided meditation and mindfulness practices.
- Describe the benefits of meditation and mindfulness in yoga and how they contribute to overall well-being.
- Use effective communication and teaching skills to lead yoga classes safely and inclusively.
- Observe and adjust students' poses, respecting individual limitations and potential risks.
- Engage in teaching practice under supervision and apply feedback on teaching style and technique.
- Design and lead a yoga class that incorporates elements of philosophy, asana, pranayama, and meditation.
- Embrace yoga as a lifestyle, exploring aspects like self-care and personal ethics.
- Discuss the responsibilities and ethical considerations of being a yoga teacher, including student-teacher relationships and community involvement.
- Describe the business aspects of teaching yoga, including marketing, legal issues, and studio management.

Module/Unit descriptions & clock hours:

Part 1: Yoga Foundations

Lesson 1: Welcome to Chopra Yoga (4 clock hours): Students begin by learning the Vedic origins of yoga and get to know more about the language of yoga. They'll learn an ancient blueprint for living a more harmonious, healthy, and joyful life, known as the Eight Limbs of Yoga. Students explore a few classic styles of yoga and find out more about what makes Chopra Yoga and the Chopra Yoga Flows unique.

Lesson 2: Joyful Energetic Body (4 clock hours): Students learn what it means to have a joyful, energetic body through the three densities of energy known as the shariras, or Layers of Life. Students are guided through yoga poses for cultivating a joyful, energetic body: Mountain pose, Blown Palm pose, Chair pose, Low Lunge pose, and Bound Angular pose. Students will incorporate these into a sequence they can add to their daily yoga practice.

Lesson 3: Loving Compassionate Heart (4 clock hours): Students cultivate a loving, compassionate heart by learning how to actively listen to the body's signals and get in tune with its inherent wisdom. They'll learn practices to help them understand the language of the breath as an extension of our heart so that they are guided by its intelligence. Students explore heart-opening postures such as the Cat-Cow pose, Downward-facing Facing Dog pose, Bridge pose, and Reclined Twist pose. Students will incorporate these into a sequence they can add to their daily yoga practice.

Lesson 4: Reflective Alert Mind (4 clock hours): Students learn to use the breath as a tool to steady and focus the mind. They'll be guided in depth through the Tree pose, Wide-Legged Forward Bend pose, Warrior 2 pose, and Child's pose. Students incorporate these into a sequence they can add to their daily yoga practice.

Lesson 5: Lightness of Being (4 clock hours): Students explore going inward and use visualization as a tool to connect with the greater cosmic nature of being. Students embody a feeling of lightness and connection through the Sun Salutations, Reclined Pigeon pose, Waterfall pose, and Corpse pose. Students learn a sequence that can help them move beyond everyday distractions and mental constructs to fully embrace their true, expansive nature.

Part 2: Yoga Certification

Module 1: Introduction to Yoga Certification (8 Clock Hours): This module provides an introduction to the Yoga Certification program with content on foundational concepts, becoming a yoga teacher, getting a practice student, setting intentions, and understanding the layers of life.

Module 2: Physiology & Biomechanics (8 Clock Hours): Week 2 of the program focuses on Physiology & Biomechanics, exploring the Chopra Yoga approach to asana, including the flow of energy through layers of life, and delving into biomechanics and the body's systems.

Module 3: Ayurveda & The Physical Body (8 Clock Hours): Week 3 of the program focuses on Ayurveda & The Physical Body, exploring the principles of Ayurveda as yoga's sister science, understanding the mahabhutas and doshas, and examining the mind-body connection for achieving balance.

Module 4: Pranayama & The Subtle Body (8 Clock Hours): Week 4 of the program focuses on Pranayama & The Subtle Body, exploring the significance of pranayama in yoga and its benefits, learning various pranayama techniques and how to teach them, and understanding its effects on the subtle body, including the chakras and kleshas.

Module 5: Meditation & The Causal Body (8 Clock Hours): Week 5 of the program focuses on Meditation & The Causal Body, delving into the principles and benefits of meditation, exploring mantra-based meditation and higher states of consciousness, how to guide meditation, and understanding the causal body and its relationship to meditation.

Module 6: The Chopra Yoga Teacher (8 Clock Hours): Get ready to embark on a vibrant journey as Week 6 unveils the essence of being a Chopra Yoga Teacher, where yoga becomes a lifestyle, guiding students to embody the Eight Limbs of Yoga on and off the mat, creating inclusive spaces, understanding the art of sequencing, and infusing classes with the wisdom of the Seven Spiritual Laws. Preparing students for practice teaching.

Module 7: The Law of Pure Potentiality (8 Clock Hours): During week 7 of the program, the Law of Pure Potentiality helps students tap into the core of their being, embracing pure awareness and unlocking infinite possibilities as they transition from object-referral to self-referral, discovering the profound knowledge in silence and connecting with their ultimate self. This week is all about embodying this law through yogic tools and techniques.

Module 8: The Law of Giving & Receiving (8 Clock Hours): In Week 8, we'll explore the Law of Giving and Receiving, which recognizes that the universe operates through dynamic exchange. We will explore how to apply that balance both on and off the mat. Through the power of asana, pranayama, chakras, mudras, and chants, this week will provide guidance on how to integrate the Law of Giving and Receiving both in yoga and in daily living. Students will gain knowledge in the art of theming, learn how to teach this transformative law in yoga classes and understand how to apply it in every aspect of life.

Module 9: The Law of Karma (8 Clock Hours): Week 9 unveils the profound Law of Karma, which acknowledges the power of conscious choice-making, and that every action has a reaction. We'll explore the law in action and how to apply it in our asana practice and our everyday living. Through the profound teachings of asana, pranayama, chakras, mudras, and chants, this week will provide guidance on how to integrate the Law of Karma into the practice of yoga. Students will gain knowledge in the art of theming and learn how to teach this transformative law in yoga classes and in life in general.

Module 10: The Law of Least Effort (8 Clock Hours): In Week 10, students will unlock the Law of Least Effort, which reminds us that nature's intelligence operates with effortless ease. By understanding its essence and reflecting on our own life experiences, we can bring this law to life both in the yoga practice and in life in general. Through the profound teachings of asana, pranayama, chakras, mudras, and chants, this week will provide guidance on how to integrate the Law of Least Effort into the practice of yoga. Students will gain knowledge in the art of theming and learn how to teach this life-changing law in yoga classes and in life in general.

Module 11: The Law of Intention & Desire (8 Clock Hours): Week 11 invites students to embrace the powerful Law of Intention & Desire, which recognizes that at the deepest level of reality is a field of energy and information that gives rise to all the forms and phenomena of creation. By understanding the art of intention and attention, students will gain profound insights into how to apply this law in their yoga practice and in life. Through the profound teachings of asana, pranayama, chakras, mudras, and chants, this week will provide guidance on how to integrate the Law of Intention and Desire into the practice of yoga. Students will gain knowledge in the art of theming and learn how to teach this life-changing law in yoga classes and in life in general.

Module 12: The Law of Detachment (8 Clock Hours): In Week 12, students will immerse in the liberating Law of Detachment, which states that the best way to get what we want in the world is to relinquish our attachment to it. By exploring how this law shows up in our own practice, we can teach it from a place of authenticity. Through the profound teachings of asana, pranayama, chakras, mudras, and chants, this week will provide guidance on how to integrate the Law of Detachment into the practice of yoga. Students will gain knowledge in the art of theming and learn how to teach this life-changing law in yoga classes and in life in general.

Module 13: The Law of Dharma (8 Clock Hours): In Week 13, discover the Law of Dharma, which states that everything has a purpose, and everyone has unique talents that serve the web of life. This law empowers everyone to celebrate their gifts, and this week will provide the opportunity for students to reflect on their unique talents as well. Through the profound teachings of asana, pranayama, chakras, mudras, and chants, this week will provide guidance on how to integrate the Law of Dharma into the practice of yoga. Students will gain knowledge in the art of theming and learn how to teach this life-changing law in yoga classes and in life in general.

Module 14: Yoga Ethics (8 Clock Hours): In Week 14, we'll delve into the heart of Yoga Ethics, creating a sacred space that embraces diversity, equity, and inclusivity, while cherishing the timeless wisdom of the past, as we honor the essence of Yoga's traditions. Through the sharing of subject matter experts from various backgrounds, this week will provide insight into what it means to celebrate everybody and to foster a harmonious environment for every individual on this transformative journey.

Module 15: Professional Development (6 Clock Hours): In Week 15, we'll focus on Professional Development, equipping students with the essential skills they need to embark on their journey as yoga teachers. Students learn the foundations of marketing, networking to build meaningful connections, how to authentically share their voice as a yoga teacher, as well as understanding the legal aspects of yoga teaching to thrive as an aspiring teacher, empowering them to create a fulfilling and successful yoga career.

Module 16: Yoga Certification (6 Clock Hours): In Week 16, we'll celebrate achievements as students successfully complete the self-directed part of the program. This week will provide opportunities for students to take time to reflect on and process their transformative experiences. We'll review the essence of Chopra Yoga, discuss the logistics for the next steps, and embrace the opportunities that lie ahead. This week will support students to step into the next phase of their journey with curiosity and grace. Students prepare for and complete the requirements for certification.

Final Exam & Practice Session Submission Module: (14 Clock Hours): Students prepare for and complete a multiple-choice final exam (4 hours). Students submit a completed practice teaching log, totaling ten (10) hours of practice teaching, which can be completed throughout the program.

Sadhana Library (20 Clock Hours): The Sadhana Library consists of four important resources: the Asana Library, Mudra Library, Pranayama Library, and Sequencing Library. Students can quickly access and reference instructional videos, written instructions, and relevant information for practicing and teaching these techniques.

Yoga Philosophy and Content Webinars (24 Clock Hours): Students engage in discussions on important philosophical and anatomical concepts with program educators and medical professionals. Students bring thoughtful questions about the program topics and receive live guidance and feedback.

Chopra Yoga Classes Webinars (16 Clock Hours): Students participate in weekly live yoga classes via video conference that includes content students are learning in the modules and the Chopra Signature Flow - yoga philosophy, sequencing, asanas with modifications, pranayama (breathing techniques), mudras, and the seven spiritual laws of success, led by Chopra Yoga Trainers.

Sadhana Lab Webinar Sessions (32 Clock Hours): Students participate in weekly, highly interactive, live Sadhana Lab sessions via video conference with a Chopra Yoga Trainer. This is where students review the module asanas, mantras, mudras, pranayama, and sequences, practice teaching with their cohort peers with trainer feedback, and receive answers to their questions.

Coaching Intensive Practicum

Prerequisite: Completion of the Health Coach Training Program™ or another Health Coach Training Program approved by the Institute for Integrative Nutrition.

The Coaching Intensive Practicum is an interactive 12-week online course designed for Health and Wellness Coaches to improve and expand their coaching skills in a supportive and dynamic environment. This course is an approved training program of the National Board for Health and Wellness Coaching (NBHWC) and an accredited Continuing Coach Education (CCE) program with the International Coaching Federation (ICF).

The intent of the Coaching Intensive Practicum is to help students advance their fundamental coaching skills through the exploration and application of evidence-based best practices for running a coaching program and supporting and communicating with clients as a Health Coach. This is accomplished through a blend of synchronous and asynchronous learning activities that provide opportunities for practical skills training, applied critical thinking, and practical skills assessments and feedback. In addition to the asynchronous learning materials and exercises provided in the modules, this course has 22 “live learning” sessions and three “buddy coaching” sessions led by board-certified faculty coaches. These synchronous learning opportunities allow for real-time discussion, coaching practice, observation, group feedback, and mentorship in a supportive learning environment with expert coaches and peers.

The curriculum of this course aligns with the NBHWC’s core skills and tasks for Health and Wellness Coaches. Successfully completing this program satisfies the educational requirement to apply to sit for the NBHWC’s exam to become a National Board-Certified Health and Wellness Coach (NBC-HWC).

Objectives:

Upon completion of this program, students will be able to:

- Upon completion of the Coaching Intensive Practicum program, students will be able to:
- Demonstrate coaching practice in simulated coaching exercises with classmates consistent with the National Board for Health and Wellness Coaching (NBHWC) and International Coaching Federation (ICF).

- Comprehend and articulate Health Coach scope of practice and code of ethics.
- Explain the coaching process as outlined by the NBHWC by listing key objectives and desired outcomes for each phase.
- Establish a coaching agreement and collaboratively discuss the components with clients.
- Demonstrate effective communication techniques to expand and focus the conversation.
- Co-create the coaching relationship to establish trust and rapport and demonstrate coach acumen to include empathy, active listening, nonjudgment, and exploring and seeking clarity.
- Describe and demonstrate learning strategies that empower the client to take self-directed action, increase confidence, and encourage self-efficacy.
- Demonstrate following the client's agenda in eliciting goals and desired outcomes, tracking progress and accountability, and evaluating and closing the coaching session.
- Identify a client's readiness to change and apply the appropriate behavior change strategies for each stage of the Transtheoretical Model of Change.
- Summarize and differentiate the challenges of behavior change for lifestyle and health improvement and harness a client's intrinsic motivation to enact behavioral change by using the processes and techniques of motivational interviewing.

Module Descriptions:

Pre-Course Module: Orientation: The Orientation module provides an overview of the course structure and objectives, introduces the basic concepts, and helps students get set up for success. Students are walked through the course graduation requirements so they know exactly what to expect and can plan accordingly. Students also learn about the NBHWC's board certification exam and what they will need in order to prepare their application.

Pre-Course Module: Foundations: The Foundations module lays the groundwork for understanding the specific role and definition of Health Coaches, according to the NBHWC. The fundamental question focused on is, "What is coaching?" Students explore established definitions of what health and wellness coaching is and compare this to related professions to clarify what coaching is not. Students also learn to conceptualize the value of their profession and the basic boundaries of the health coach's scope of practice.

Module 1: Coaching Foundations, Preparation, and Program Structure: In Module 1, students learn about the three phases of a coaching program and the key processes and goals for each. How to co-create a coaching relationship and why this is important is highlighted. Students learn how to properly prepare for and show up to a coaching session and how to be fully present for their clients. Students also learn how to establish a coaching agreement, the major components of it, and how to discuss it with clients in the initial session. Lessons analyze and deconstruct sample coaching agreements, and students are prompted to create their own. Additionally, students participate in a deeper conversation of the scope of practice, considering what exactly Health Coaches can and cannot do and what their role is in the healthcare field is.

Module 2: Create a Client-Centered Coaching Relationship: In this section of the course, students explore how to establish a client-centered relationship and how this creates the foundation for positive client outcomes. Elements of a client-centered coaching relationship and practice building trust and rapport are taught, in addition to the power of listening and how to develop active listening skills and

coaching presence. Lastly, this module covers how to apply these foundational skills to hold space for clients to process their emotions.

Module 3: Effective Communication Techniques: This module focuses on the exploration of the coaching process and the skills and competencies that help foster positive client outcomes. Students learn about and practice using techniques and tools that will foster effective communication in a coaching relationship. A review of basic communication skills taught in prior initial Health Coaching certification programs will be conducted (including reflecting, mirroring, and summarizing). Students explore and apply more advanced communication techniques to expand the conversation and encourage clients to go deeper. Techniques that coaches can use to focus the conversation and help clients move forward are demonstrated and students explore how to use powerful questions and best practices for exploring and seeking clarity. Additionally, students are invited to reflect on when and how it is most appropriate and helpful to apply the various skills learned in this module.

Module 4: Enhance Awareness and Foster New Perspectives: This module explores the concept of self-awareness and addresses how conscious knowledge of one's own character, feelings, motives, values, and desires can impact progress. Students learn one of the major keys to coaching success: shifting perspective, and how this ties into transcending beliefs and considering wider or alternative perspectives. The process of employing skills to enact change is a major focus of this module. Students learn how to identify and overcome limiting beliefs that can hold clients back from making change and how to lead them through this process.

Module 5: Motivation and Techniques for Inspiring Change: This module focuses on how clients must be internally motivated and ready to take action in order for meaningful and lasting change to occur. Students learn how to explore motivation and willingness to change with clients before moving into the goal-setting process. Students also take an in-depth look at how motivation and emotion are resources for goal-oriented behavior and review the necessary conditions to support these two critical elements. This module also presents an introduction to Motivational Interviewing, a well-established communication process for inspiring client-identified change. Students learn how to apply the basic principles of this process and practice using it in coaching sessions. Lastly, students practice looking for "change talk" and "sustain talk" from clients and how to use this to help clients move forward.

Module 6: Work through Ambivalence and Resistance: A continued exploration of Motivational Interviewing and how to apply this methodology to clients who are stuck or resistant is the focus in this module. Students explore why clients get stuck and learn how to most effectively work with those who experience resistance or ambivalence around making a change. Students are prompted to think critically about how to navigate these scenarios as a coach and practice using Motivational Interviewing tools to help clients through roadblocks. Lastly, students learn how to support clients with acceptance and emotional healing to overcome challenges and past hurts and promote positive growth moving forward.

Module 7: Set Goals, Track Progress, and Monitor Accountability: In this module, students learn about coaching as a process of empowering clients to dig deep and use their inner resources to create change. There is in-depth instruction about and practice using the Transtheoretical model (also known as the Stages of Change model) as a powerful tool for assessing a client's readiness to change. A review of best practices for goal-setting techniques and practice helping clients set "S.M.A.R.T." goals is also highlighted. Students explore how to facilitate learning and results for their clients in a way that takes individual needs and styles into account and places the responsibility on the client to take action. Additionally,

students learn how to help clients move forward and design their actions by discussing best practices for goal setting and planning. Finally, this module also addresses how clients can track their own progress by effectively monitoring their action steps and overall growth.

Module 8: Positive Psychology Resources and Support: In this module, students learn how a positive and client-empowered approach can boost confidence and self-efficacy, having a profound impact on client progress and coaching outcomes. Students explore how the power of positivity – leveraging a client’s strengths and values and creating empowering and growth-facilitating experiences – can encourage progress, especially during the middle phase of coaching. Students learn and practice how to most effectively tap into a client’s strengths and available resources to help them propel toward their goal. Additionally, instruction focuses on how to consider how clients can harness their intrinsic motivation and emotions to increase self-efficacy and work through challenges and fears. Lastly, students are invited to participate in a discussion of the major theoretical components of positive psychology, including the PERMA model – a tool focusing on how positive approaches can have a profound impact on client outcomes.

Module 9: Group Coaching Skills and Facilitation: In this module, students learn and practice how to apply the skills and competencies taught in this course to working with clients in a group setting. Students compare group and individual coaching in terms of both skills used and structure. Students are prompted to consider the pros of group coaching for coaches and clients and which types of clients may benefit the most from a group setting. Students also explore the phases of the coaching process applied to a group setting, how to effectively form and facilitate a coaching group, and tips for structuring coaching sessions and group activities. Lastly, students learn how to navigate different personalities and learning styles during group coaching sessions to allow for the most effective interaction between clients.

Module 10: Professional Development for Health Coaches: In this module, students learn about professional development and the legal aspects of health coaching. Students are asked to review and discuss the NBHWC Code of Ethics and consider the professional responsibility of coaches to conduct themselves in an ethical manner. Students are also invited to analyze and reflect on a variety of scenarios that present potential ethical dilemmas and discuss how coaches would move forward with the client. Additionally, this module revisits the exploration of the Health Coach’s scope of practice and students consider how it is different from but related to ethics. Students also learn about cultural sensitivity and competency and are given the opportunity to constructively critique various coaching scenarios. Lastly, students will learn about professional considerations for coaches employed in healthcare settings, including HIPAA (Health Insurance Portability and Accountability) compliance, proper record keeping and file storage, and related legal considerations.

[Professional Health Coach Certification: The Health Coach Training Program™ + Coaching Intensive Practicum Program](#)

Length: 527 clock hours

Prerequisites: No additional prerequisites beyond acceptance at IIN.

The Professional Health Coach Certification: The Health Coach Training Program™ + Coaching Intensive Practicum program combines IIN's flagship Health Coach Training (HCTP) program, and IIN's NBHWC board certification exam qualifying program Coaching Intensive Practicum (CIP). The program provides students with the skills and knowledge to start a career not simply as a health coach, but as a board-certified health coach.

Objectives:

Upon completion of this program, students will be able to:

- Integrate a unique approach to health and happiness through experimentation with course theories and concepts
- Comprehend IIN's unique nutrition theories, in addition to traditional and modern nutrition concepts, and the evolving state of global health
- Implement Integrative Nutrition's core theories of primary and secondary food as well as bio-individuality to explore a personalized approach to wellness
- Demonstrate the tools, techniques, theories, and guidelines that make up IIN's Integrated Coaching Methodology
- Develop a coaching process while guiding others to explore their individual wellness goals
- Contribute to the global health movement through a conscious, ongoing commitment to health and happiness
- Demonstrate coaching practice in simulated coaching exercises with classmates consistent with the National Board for Health and Wellness Coaching (NBHWC) and International Coaching Federation (ICF).
- Comprehend and articulate Health Coach scope of practice and code of ethics.
- Explain the coaching process as outlined by the NBHWC by listing key objectives and desired outcomes for each phase.
- Establish a coaching agreement and collaboratively discuss the components with clients.
- Demonstrate effective communication techniques to expand and focus the conversation.
- Co-create the coaching relationship to establish trust and rapport and demonstrate coach acumen to include empathy, active listening, non-judgment, and exploring and seeking clarity.
- Describe and demonstrate learning strategies that empower the client to take self-directed action, increase confidence, and encourage self-efficacy.
- Demonstrate following the client's agenda in eliciting goals and desired outcomes, tracking progress and accountability, and evaluating and closing the coaching session.
- Identify a client's readiness to change and apply the appropriate behavior change strategies for each stage of the Transtheoretical Model of Change.
- Summarize and differentiate the challenges of behavior change for lifestyle and health improvement and harness a client's intrinsic motivation to enact behavioral change by using the processes and techniques of motivational interviewing.

Module Descriptions:

Orientation (9 Clock Hours): The Orientation will review what students can expect. They'll meet the experts who will lead them through the course and hear from IIN alumni about the transformation they experienced through the Health Coach Training Program. Students will learn about IIN's unique approach to wellness and the important role that Integrative Nutrition Health Coaches play in spreading health and happiness across the globe. This module also includes information about connecting with the IIN community and how to use the various support resources available in the course.

Module 1 (10 Clock Hours): The first module sets students on the path to discovering what health really is. This is the beginning of an experience that will improve their well-being, their happiness, and their career – every aspect of their life. No matter their intention for enrolling in the Health Coach Training Program, students will leave this module feeling inspired and ready to get the most out of the IIN experience.

Module 2 (9 Clock Hours): Students will discover that nourishment is far more than just the food they eat. Every choice they make in every aspect of their lives contributes to well-being. This module looks more deeply at what health means, and students will see that nourishment happens on every level – physical, mental, emotional, and spiritual.

Module 3 (9 Clock Hours): This module explores the foundations of a healthy life. No matter the goals, there are certain fundamental concepts students can count on to provide a framework for creating lasting transformation. This module examines how students can use these healthy basics to connect with their intrinsic needs and build a thriving life.

Module 4 (9 Clock Hours): Students will explore the rhythms of life. Every day, they experience a number of natural rhythms, both within and around them. All these cycles can influence their ability to be healthy and thrive. By observing their natural rhythms and understanding how they live within external cycles, they can bring a state of balance and healing to their life.

Module 5 (11 Clock Hours): Students will explore the bidirectional link between the body and the mind. The body and mind are in constant communication, each influencing the other equally. This module looks at the science behind the relationship. Students will see how cultivating a strong connection between the body and mind can help them transform their life.

Module 6 (9 Clock Hours): This module focuses on the importance of listening. The body and mind are constantly sharing information, yet for all that can be gleaned from those messages, we don't always spend enough time listening. When we listen actively and deeply, without judgment, we can better support our multidimensional health needs.

Module 7 (9 Clock Hours): Students will learn about the importance of communication within and between all the systems in their lives. Every system in their body – and every system in their life – relies on communication to stay in balance. Physical health, mental well-being, and social, emotional, and spiritual needs all rely on communication. Students will learn that asking questions, listening to the answers, and honoring those answers even when they point them in an unexpected direction can help them achieve balance.

Module 8 (9 Clock Hours): This module explores how the emphasis students put on numbers – specifically, weight and finances – can influence the decisions they make about health and happiness. It's not uncommon to look at the numbers on the scale and the figures in the bank and use them as a base for how we feel about ourselves, whether good or bad. But when we understand that these numbers are simply data points rather than reflections of our value as a person, we can change the role they play in our lives.

Module 9 (9 Clock Hours): Module 9 dives deeper into weight and finances, bringing light to what they really mean for students and helping them create a healthier relationship with each. Any rules they have knowingly or unknowingly created around food and finances have the ability to either serve or harm them. By digging into the structures or beliefs they have around those subjects, students can discover if they speak to their bio-individuality and truly support their life. If they don't, they can learn how to shift them to provide what they really need.

Module 10 (10 Clock Hours): Module 10 marks students' first IINtegration Week, allowing time for them to integrate what they've taken in through the past nine modules. Students can look back at what's resonated with them so far, anchor into the present to see how to incorporate what they've learned and identify potential action steps to help them succeed moving forward. The Health and Career Journals are available in this module. Using one or both, students will set the foundation for their Transformation Plan and/or Business Plan, workable personal or professional road maps they can act on to achieve their goals by the end of the course. Students will revisit and build on these journals in future IINtegration Weeks.

Module 11 (9 Clock Hours): Students will review the importance of getting to the root cause of symptoms. What we see outwardly doesn't always accurately reflect what's going on internally. To understand the symptoms, thoughts, and behaviors students experience, they must learn to uncover and treat the cause (or causes). Looking more deeply at what's happening can help them make the changes they truly need to transform their health, career, and life.

Module 12 (10 Clock Hours): Students will learn about the important role the gut plays in multidimensional health. It's always communicating with us, giving us signals as to what we need – physically, mentally, emotionally, and spiritually. This very tangible expression of the mind-body connection can help students make decisions that truly serve them; they just need to listen to and trust their gut.

Module 13 (10 Clock Hours): In this module, students will see how breaking through the complexities of life can help them improve their health and happiness. Understanding where and how things come about is an important part of understanding oneself. Students will come to understand that having this knowledge can impact their health, career, and relationships and can truly help them heal and transform their life.

Module 14 (9 Clock Hours): Students will learn how exploring what they can't see – the intangible pieces of health and life – can be key to helping them achieve greater wellness. Every aspect of health is integrated. While we may tend to focus on elements or experiences that are more obvious or easier to see, neglecting other aspects, especially those that may seem more mysterious or that we don't have a complete understanding of, can have repercussions that affect our whole life.

Module 15 (10 Clock Hours): In this module, students will look at how supporting the body's most complex organ can power the rest of the body and keep it healthy and happy. The brain plays a large role in multidimensional health. Supplying it with what it needs both on and off the plate – nourishing food, mental activity, and joy, for example – can improve brain health and help keep the body functioning properly.

Module 16 (9 Clock Hours): Students will explore what truly fuels their mind, body, and soul. It can be helpful to understand how different sources of energy charge one's health. When we know what really drives our needs, our thoughts, and our life, we'll be able to move forward and make informed decisions that support our goals.

Module 17 (9 Clock Hours): In this module, students will learn how important it is for their health, their career, and their life to find balance. Often, moving forward requires recognizing what supports them and letting go of what isn't working. When they're able to find the state of balance we need and turn insight into action, we can truly create the transformation we seek.

Module 18 (10 Clock Hours): Students will see that not all rules are meant to be followed. When it comes to health and happiness, sometimes breaking from the norm is exactly what we need. Just because a certain path is the most common doesn't mean it's the right path for us. Students will learn that they can write the rules that will help them find their way to health and build the life they desire.

Module 19 (9 Clock Hours): Students will explore how important connection is for their well-being. Every aspect of their health and their life can improve through connection. Whether they're connecting with others via physical movement or spiritually relating to something greater than themselves, the more they connect, the greater their ability to have a thriving, fulfilling life.

Module 20 (10 Clock Hours): Module 20 marks the second IINtegration Week. This week, students will take some time to lock in on and make more space for their goals. They'll also continue formalizing their Transformation and/or Business Plans.

Module 21 (9 Clock Hours): Students will learn how to identify their bio-individual nutritional needs. No two people will have the same physical, mental, emotional, or spiritual requirements or goals. Pinpointing and tending to their unique needs is essential for optimizing and transforming their health and their life.

Module 22 (10 Clock Hours): Students will discover just how empowering it can be to break free from limitations. They may have knowingly (or unknowingly) established limiting beliefs regarding various aspects of their life – the food they eat, the value of the work they produce, or their acquired knowledge. Taking steps to identify and deconstruct these limitations can help them unlock their full potential.

Module 23 (10 Clock Hours): In this module, students will learn how to honor their authentic self. With an open mind, they can observe and explore which health and lifestyle approaches work best for them. Staying true to themselves and their needs will allow them to create a life where they can truly thrive.

Module 24 (10 Clock Hours): Students will discover ways to accept and support themselves entirely. Reconnecting to the hidden or unknown parts of themselves can help them live a healthier, fuller life.

When students can uncover and embrace all the parts of their unique being, they're better able to connect with their needs and find the transformation they seek.

Module 25 (10 Clock Hours): Students will learn how to unlock their potential for personal and professional transformation. Their ability to develop is limitless, but to reach their full potential, they must be able to recognize this fact. Finding the tools that allow them to open up and release their potential can help them find transformation and create the life they seek.

Module 26 (10 Clock Hours): In this module, students will dive into the subtle energies of life, within and around them. The body, the mind, the environment, and the world are all comprised of energy. Utilizing and directing our energy to benefit our health and wellness can help us become the best version of ourselves.

Module 27 (9 Clock Hours): Students will learn the importance of balancing their energies for a healthier, happier life. There are many circumstances in life and the world that can create imbalances. Discovering how to balance the energy we give off with the energy we receive can make for a more harmonious and fulfilling life.

Module 28 (10 Clock Hours): In this module, students will explore tools and practices to take their transformation even further. This module will show them ways to deepen their connection to their goals to help improve every aspect of their life.

Module 29 (9 Clock Hours): Students will discover the importance of seeing a complete picture of their health and life to help guide their transformation. Exploring their life more fully can provide them with great insight. The knowledge this exploration elicits will help them truly see their needs and guide them toward the future they desire.

Module 30 (10 Clock Hours): Module 30 marks the third IINtegration Week. This week, students will continue to formalize their Transformation or Business Plan and keep moving forward with their goals.

Module 31 (9 Clock Hours): Students will think about expanding their lives and discovering ways to find their purpose. Purpose is within and all around us and connecting with and living a life that feeds our purpose can help us truly thrive.

Module 32 (10 Clock Hours): In this module, students will review the idea that coaching is not just a profession, but a way of life. Our values, integrity, and how we choose to live shape our life and the world around us. They'll learn how embracing the coaching lifestyle can help them transform their lives and the lives of others.

Module 33 (9 Clock Hours): This module helps students explore the importance of investing in their needs and their future so they can bring out the best in themselves as they support others to do the same. Developing their talents and interests, both personally and professionally, will be one of the greatest gifts they can offer.

Module 34 (10 Clock Hours): This module shows students that in order to lead a truly healthy life, the world around them must also be able to flourish. It's essential to look beyond their personal needs and expand the effect they can have in their communities and the world at large. They have the ability to impact the lives of others as much as their own.

Module 35 (9 Clock Hours): Students will see how integrating everything they learn can help them have a more meaningful global impact. Increasing their understanding supports their growth and allows them to establish a more holistic view of life. Expanding themselves in this way improves their ability to influence the well-being of those around them as well as the world.

Module 36 (10 Clock Hours): Module 36 looks at how students can live their ripple effect and use it to transform the world. Everything they've learned during the Health Coach Training Program has prepared them to create and support change in themselves and others. In this way, one step at a time, students have the power to improve lives and help humanity thrive.

Module 37 (10 Clock Hours): Module 37 is the first step in the IINtegration Lab. It's designed to help students choose the path they'll follow, either health or career, so they can start bringing their goals to life. Students will preview both paths and their associated plans – the Transformation Plan for the health path and the two Business Plan options (Employment and Entrepreneurship) for the career path. Once they decide which path they want to follow, they'll work on the corresponding plan for the remainder of this module.

Module 38 (10 Clock Hours): Students will choose a project to work on for the remainder of the IINtegration Lab. They'll have the opportunity to review some recommended project ideas, but they can also choose their own. They'll find some tools and resources to help support them as they move forward with their project.

Module 39 (10 Clock Hours): In this module, students will focus on maintaining momentum, overcoming challenges, and moving toward completing their project.

Module 40 (10 Clock Hours): Module 40 is the last module of the IINtegration Lab and the course. During this module, students will finalize their project. They'll also explore what's beyond the program and celebrate all that they've accomplished.

IINtegration Lab Weeks (Clock hours included in Modules 36–40): In these weeks, students will complete tasks related to coaching, building a portfolio, and reflecting on their progress throughout. At the end of the application weeks, students will have completed their Transformation and/or Business Plan that they can use in real-life applications.

Coaching Circles (11 Clock Hours): Throughout the HCTP, students will participate in four 90-minute Coaching Circle sessions. Students will be able to choose and sign up for sessions that fit their schedule. During the Coaching Circles, students participate in a group coaching environment under the guidance of a Health Coach. Students will be able to practice their coaching skills and receive feedback and advice from their Coaching Circle coach as well as other students.

Practice Coaching Sessions (12 Clock Hours): During the HCTP, students will practice using the skills they're learning by completing six practice Coaching Sessions. To complete practice Coaching Sessions, students will identify a friend, family member, or even a fellow student to serve as a client. The "client" will complete the practice Coaching Session form, and the student will conduct a practice Coaching Session using coaching tips, leading questions, and online resources. Finally, students will enter information and notes into the IIN Learning Center and have the opportunity to discuss their progress in Coaching Circles, the Facebook group, and the discussion forums.

Pre-Course Module: Orientation: The Orientation module provides an overview of the course structure and objectives, introduces the basic concepts, and helps students get set up for success. Students are walked through the course graduation requirements so they know exactly what to expect and can plan accordingly. Students also learn about the NBHWC's board certification exam and what they will need in order to prepare their application.

Pre-Course Module: Foundations: The Foundations module lays the groundwork for understanding the specific role and definition of Health Coaches, according to the NBHWC. The fundamental question focused on is, "What is coaching?" Students explore established definitions of what health and wellness coaching is and compare this to related professions to clarify what coaching is not. Students also learn to conceptualize the value of their profession and the basic boundaries of the health coach's scope of practice.

Module 1: Coaching Foundations, Preparation, and Program Structure: In Module 1, students learn about the three phases of a coaching program and the key processes and goals for each. How to co-create a coaching relationship and why this is important is highlighted. Students learn how to properly prepare for and show up to a coaching session and how to be fully present for their clients. Students also learn how to establish a coaching agreement, the major components of it, and how to discuss it with clients in the initial session. Lessons analyze and deconstruct sample coaching agreements, and students are prompted to create their own. Additionally, students participate in a deeper conversation of the scope of practice, considering what exactly Health Coaches can and cannot do and what their role is in the healthcare field is.

Module 2: Create a Client-Centered Coaching Relationship: In this section of the course, students explore how to establish a client-centered relationship and how this creates the foundation for positive client outcomes. Elements of a client-centered coaching relationship and practice building trust and rapport are taught, in addition to the power of listening and how to develop active listening skills and coaching presence. Lastly, this module covers how to apply these foundational skills to hold space for clients to process their emotions.

Module 3: Effective Communication Techniques: This module focuses on the exploration of the coaching process and the skills and competencies that help foster positive client outcomes. Students learn about and practice using techniques and tools that will foster effective communication in a coaching relationship. A review of basic communication skills taught in prior initial Health Coaching certification programs will be conducted (including reflecting, mirroring, and summarizing). Students explore and apply more advanced communication techniques to expand the conversation and encourage clients to go deeper. Techniques that coaches can use to focus the conversation and help clients move forward are demonstrated and students explore how to use powerful questions and best practices for exploring and seeking clarity. Additionally, students are invited to reflect on when and how it is most appropriate and helpful to apply the various skills learned in this module.

Module 4: Enhance Awareness and Foster New Perspectives: This module explores the concept of self-awareness and addresses how conscious knowledge of one's own character, feelings, motives, values, and desires can impact progress. Students learn one of the major keys to coaching success: shifting perspective, and how this ties into transcending beliefs and considering wider or alternative perspectives. The process of employing skills to enact change is a major focus of this module. Students

learn how to identify and overcome limiting beliefs that can hold clients back from making change and how to lead them through this process.

Module 5: Motivation and Techniques for Inspiring Change: This module focuses on how clients must be internally motivated and ready to take action in order for meaningful and lasting change to occur. Students learn how to explore motivation and willingness to change with clients before moving into the goal-setting process. Students also take an in-depth look at how motivation and emotion are resources for goal-oriented behavior and review the necessary conditions to support these two critical elements. This module also presents an introduction to Motivational Interviewing, a well-established communication process for inspiring client-identified change. Students learn how to apply the basic principles of this process and practice using it in coaching sessions. Lastly, students practice looking for “change talk” and “sustain talk” from clients and how to use this to help clients move forward.

Module 6: Work through Ambivalence and Resistance: A continued exploration of Motivational Interviewing and how to apply this methodology to clients who are stuck or resistant is the focus in this module. Students explore why clients get stuck and learn how to most effectively work with those who experience resistance or ambivalence around making a change. Students are prompted to think critically about how to navigate these scenarios as a coach and practice using Motivational Interviewing tools to help clients through roadblocks. Lastly, students learn how to support clients with acceptance and emotional healing to overcome challenges and past hurts and promote positive growth moving forward.

Module 7: Set Goals, Track Progress, and Monitor Accountability: In this module, students learn about coaching as a process of empowering clients to dig deep and use their inner resources to create change. There is in-depth instruction about and practice using the Transtheoretical model (also known as the Stages of Change model) as a powerful tool for assessing a client’s readiness to change. A review of best practices for goal-setting techniques and practice helping clients set “S.M.A.R.T.” goals is also highlighted. Students explore how to facilitate learning and results for their clients in a way that takes individual needs and styles into account and places the responsibility on the client to take action. Additionally, students learn how to help clients move forward and design their actions by discussing best practices for goal setting and planning. Finally, this module also addresses how clients can track their own progress by effectively monitoring their action steps and overall growth.

Module 8: Positive Psychology Resources and Support: In this module, students learn how a positive and client-empowered approach can boost confidence and self-efficacy, having a profound impact on client progress and coaching outcomes. Students explore how the power of positivity – leveraging a client’s strengths and values and creating empowering and growth-facilitating experiences – can encourage progress, especially during the middle phase of coaching. Students learn and practice how to most effectively tap into a client’s strengths and available resources to help them propel toward their goal. Additionally, instruction focuses on how to consider how clients can harness their intrinsic motivation and emotions to increase self-efficacy and work through challenges and fears. Lastly, students are invited to participate in a discussion of the major theoretical components of positive psychology, including the PERMA model – a tool focusing on how positive approaches can have a profound impact on client outcomes.

Module 9: Group Coaching Skills and Facilitation: In this module, students learn and practice how to apply the skills and competencies taught in this course to working with clients in a group setting. Students compare group and individual coaching in terms of both skills used and structure. Students are

prompted to consider the pros of group coaching for coaches and clients and which types of clients may benefit the most from a group setting. Students also explore the phases of the coaching process applied to a group setting, how to effectively form and facilitate a coaching group, and tips for structuring coaching sessions and group activities. Lastly, students learn how to navigate different personalities and learning styles during group coaching sessions to allow for the most effective interaction between clients.

Module 10: Professional Development for Health Coaches: In this module, students learn about professional development and the legal aspects of health coaching. Students are asked to review and discuss the NBHWC Code of Ethics and consider the professional responsibility of coaches to conduct themselves in an ethical manner. Students are also invited to analyze and reflect on a variety of scenarios that present potential ethical dilemmas and discuss how coaches would move forward with the client. Additionally, this module revisits the exploration of the Health Coach scope of practice and students consider how it is different from but related to ethics. Students also learn about cultural sensitivity and competency and are given the opportunity to constructively critique various coaching scenarios. Lastly, students will learn about professional considerations for coaches employed in healthcare settings, including HIPAA (Health Insurance Portability and Accountability) compliance, proper record keeping and file storage, and related legal considerations.

Student Support

Students are also welcome to submit inquiries via their Help Center located within their Learning Center (LC) which remains available twenty-four hours a day, seven days a week or email support@integrativenutrition.com. Students receive answers to all questions submitted via the Help Center within forty-eight business hours – and often much sooner.

Credit for Previous Education and Training

The Institute for Integrative Nutrition values all forms of learning and all previous formal learning. However, IIN does not accept transfer credits, regardless of source, and requires all students to complete the graduation requirements for the course enrolled. IIN Health Coach Training Program™ to complete the entire 40-week program in order to earn IIN's diploma.

Transferability of credits cannot be guaranteed unless the receiving college has a written articulation agreement with IIN. Otherwise, the decision to accept credits is at the discretion of the receiving college. Students are advised to contact colleges well in advance if there is an interest in transferring credits.

Job Placement and Certification

Health Coach Training Program™, Chopra Coaching Certification Program, Chopra Meditation Instructor Certification Program, Chopra Online Ayurvedic Health Instructor Certification Program & Chopra Online Yoga 200-Hour Certification Program & Professional Health Coach Certification: The Health Coach Training Program™ + Coaching Intensive Practicum:

One of the goals of the Institute for Integrative Nutrition is to encourage an entrepreneurial spirit amongst its students and give graduates the tools they need to take charge of their futures in their course disciplines. The programs are built to provide the knowledge and skills needed to start their own

business. Additionally, IIN provides support to alumni—not just students—giving new graduates access to assistance should they need it.

Integrative Nutrition Health Coach II:

The Integrative Nutrition Health Coach II (HCTP Alumni Program) has been developed for Health Coaches to gain additional skills and knowledge to advance their practice and/or business. While there are no specific job placement services designated for these programs, students enrolled have access to alumni services provided by IIN.

Professional Development courses: These courses are not intended to prepare students for employment. They are personal interest courses.

IIN does not guarantee job placement.

License or Certification

Graduates of the Health Coach Training Program™ can sit for an optional certification exam offered by the IAHC (International Association for Health Coaches). This certification exam is not required.

Graduates of the Coaching Intensive Practicum Program and Chopra Coaching Certificate program can sit for an optional certification exam offered by the NBH-WC (National Board for Health & Wellness Coaching).

Regulation

Licensed by:

State Board of Career Colleges and Schools
30 East Broad Street, Suite 2481
Columbus, Ohio 43215

The Institution for Integrative Nutrition is not accredited.

Cancellation and Refund Policy

If the student is not accepted into the training program, all monies paid by the student shall be refunded. Refunds for books, supplies, and consumable fees shall be made in accordance with Ohio Administrative Code section 3332-1-10.1.

FOR SERVICES ENTITLED: Health Coach Training Program™, Integrative Nutrition Health Coach II (HCTP Alumni Program), Chopra Coaching Certification Program, Chopra Meditation Instructor Certification Program, Chopra Online Ayurvedic Health Instructor Certification Program, Chopra Online Yoga 200-Hour Certification Program, Coaching Intensive Practicum and Professional Health Coach Certification: The Health Coach Training Program™ + Coaching Intensive Practicum Program are subject to an Enrollment Agreement, the applicable refund policy will be set forth therein and listed below.

WITHDRAWALS BEFORE THE CLASS START DATE

- If you withdraw from these Services within five (5) days of purchase and you have not yet accessed the Service(s) (i.e., you have not logged in to the Service(s)), you will receive a full refund.
- If you withdraw from these Services within five (5) days of purchase and you have already accessed the Service(s) (i.e., by logging in to the Service(s)), you will be entitled to a full refund except for a non-refundable \$99 registration fee.
- If you withdraw from these Services six (6) or more days after the purchase and before the Services are open for access, you will be entitled to a full refund except for a non-refundable \$99 registration fee.

Refunds for tuition and refundable fees shall be made in accordance with the following provisions as established by Ohio Administrative Code section 3332-1-10:

WITHDRAWALS AFTER THE CLASS START DATE

- A student who starts class and withdraws before the academic term is 15% completed will be obligated for 25% of the tuition and refundable fees plus the registration fee.
- A student who starts class and withdraws after the academic term is 15% but before the academic term is 25% completed will be obligated for 50% of the tuition and refundable fees plus the registration fee.
- A student who starts class and withdraws after the academic term is 25% complete but before the academic term is 40% completed will be obligated for 75% of the tuition and refundable fees plus the registration fee.
- A student who starts class and withdraws after the academic term is 40% completed will not be entitled to a refund of the tuition and fees.

Fees for consumed items, including Software & Content License and Books & Materials are non-refundable.

The school shall make the appropriate refund within thirty days of the date the school is able to determine that a student has withdrawn or has been terminated from a program. Refunds shall be based upon the last date of a student's attendance or participation in an academic school activity.

FOR SERVICES ENTITLED: Gut Health Course, Hormone Health Course, Mindful Eating Course, Launch Your Dream Book, Detox Your Life, Whole Person Health Course, Nutrition for Life, Ayurveda for Balance: Chopra Health Enrichment, Deepening Your Practice: Chopra Meditation Enrichment, Chopra Yoga Foundations, Chopra Meditation Foundations, and Chopra Ayurvedic Health Foundations are fully non-refundable at the time of purchase.

Complaint Procedure

Should a student have a general question or one related to a student's specific situation, they may submit a support request by logging into their Help Center located within the Learning Center. Click on the "Contact Us" button to submit a request or email support@integrativenutrition.com. A staff member will respond within 24-48 hours, during business days.

Should a student have a complaint, they may submit feedback by logging into the Learning Center and accessing the Help Center. Click on the “Contact Us” button to submit a request. A staff member will respond within 24-48 hours, during business days.

Formal complaints may be directed to the School Director, via registered letter at:

Institute for Integrative Nutrition
15 North Third Street, Floor 5
Newark, Ohio 43055

Students are encouraged to contact our support team at the school first, to expedite the resolution of a formal complaint.

All student complaints should be first directed to the school personnel involved. If no resolution is forthcoming, a written complaint shall be submitted to the director of the school. Whether or not the problem or complaint has been resolved to his/her satisfaction by the school, the student may direct any problem or complaint to the Executive Director, State Board of Career Colleges and Schools, 30 East Broad Street, Suite 2481, Columbus, Ohio, 43215, Phone 614-466-2752; toll-free 877-275-4219.

Anti-Hazing Policy

IIN prohibits hazing as defined in this policy. The school will investigate and respond to all reports of hazing as outlined in this policy.

This regulation applies to all members of the school community, including faculty, staff, students, volunteers, organizations, and groups, as well as visitors and other licensees and invitees.

This Anti-Hazing Policy applies to conduct that occurs on-campus, off-campus (ex: externship site), or through online activities, between two or more people who are affiliated with the school, or any student or other organization associated with the school.

Hazing is a serious offense and, therefore, is subject to the full range of sanctions (reprimand, disciplinary probation, suspension, and expulsion). In addition, other educational activities may be required as conditions of the sanction. An individual, organization, or group may be subject to other outcomes in accordance with the applicable outside constituents or group in which the student is involved, or their governing bodies. The school has the right to take action regardless of the actions of the governing body.

The School Director shall coordinate the investigation of all hazing allegations. When appropriate, other senior administrators may handle certain aspects of the school’s response. Local authorities may also be included in the investigation, as needed.

Additionally, the School Director will assess the need for interim measures (e.g., suspension of current group activities). Every effort will be taken to complete the investigation in a timely manner. The hazing allegation will be investigated and resolved in keeping with the Complaint Procedure. At the point when a formal conduct charge is made against an organization, the national or oversight organization, if any, shall be notified. Criminal investigations resulting from a report to law enforcement will be handled by the appropriate law enforcement agency. IIN may charge an individual or a group with a violation of this Hazing Policy and/or other school rules, regulations, or policies.

Sanctions applied to organizations and/or individuals will be imposed in accordance with the severity of the violation and will be determined by the School Director.

Hazing means doing any of the following, or pressuring, causing, forcing, soliciting, or coercing any person to do any of the following for the purpose of initiative, admitting, or affiliating an individual into or with a student group or student organization; continuing or enhancing an individual's membership or status in a student group or student organization, or perpetuating or furthering a tradition or ritual of a student group or student organization:

- (a) Engage in any conduct prohibited by federal and/or state and/or municipal criminal law, regardless of whether an arrest is made, or criminal charges are brought;
- (b) Take into their body any food, liquid (including alcohol), drug, or other substance that subjects the person to a substantial risk of mental or physical harm; and/or;
- (c) Cause or create a substantial risk of causing mental or physical harm to another and/or engage in any act or omission that contributes to the death of another.

Reporting an Incident: Student safety is our top priority, and we take all reports of misconduct seriously to protect everyone's health and well-being. IIN depends on its community members to identify and report behaviors of concern so that the school can provide distressed students and employees with appropriate support services and resources.

We are all responsible for school safety. If you see any concerning behavior or suspicious behavior report it to Student Support, a Student Success team member, a faculty member, or the School Director.

IIN is committed to reviewing all reports of hazing. Anonymous reports are accepted; however, the school's ability to obtain additional information may be compromised and the ability to investigate anonymous reports may be limited. Immediately upon learning of potential hazing, any employee with a duty to report violations of this policy who received a complaint of hazing or who observes or learns of conduct that is reasonably believed to be in violation of this policy is required to report the alleged conduct to the School Director.

Employees with a duty to report violations of this policy include faculty and staff. Any volunteers or contractors engaged by the school have a duty to report violations of this policy of which they become aware in the course of their duties when these duties include responsibility for the safety and wellbeing of other members of the school community or if they have supervisory, evaluative, grading, or advisory responsibility over other members of the school community.

In addition to the duty to report hazing to the School Director as identified in the prior paragraph, in some circumstances there is also a duty to report allegations of criminal conduct to law enforcement.

The school will maintain a report of all violations of this Policy that are reported to the school, and which result in a charge of violation of this Policy. The school will update the report bi-annually on January 1 and August 1 of each year and will post the updated report on the school's Learning Center.

IIN shall provide annually at least one program on hazing prevention education to all members, prospective members, and anyone who is employed by or volunteers with the organization. Education

may be provided in person, electronically, or both. IIN will maintain a record of individuals who have completed the program.

Professional Development Offerings

Enrichment Programs

Business Practices for Health Coaches

The Business Practices for Health Coaches program is a year-long mentoring program designed to help students continue to successfully build and expand their health coaching practice. This program will cover all of the basics, from identifying a target market to creating an elevator speech. This basic knowledge becomes the foundation as students dive deeper into advanced business concepts, such as creating a sales funnel and generating leads. Students will learn these valuable business skills through personalized mentoring, straightforward curriculum, homework assignments, and assessments.

The program is comprised of 38 modules along with 6 introductory modules, covering everything from business strategies, to copywriting, to using social media. At the end of each module, there will be an assignment and a group discussion.

Gut Health Course

The Gut Health Course consists of 16 modules. This course emphasizes the interconnectedness of all parts of the body, focusing on how a compromised or imbalanced gut can affect holistic well-being. Students gain deeper understanding of how and why gut health can be compromised, the effects this can have on the entire body, and how they can help clients strengthen the gut microbiome and improve digestion through nutrition and lifestyle modifications.

Hormone Health Course

The Hormone Health Course is comprised of 11 online modules that explore how hormonal health, and balance can impact overall health and well-being in both men and women. Students learn about the major hormones that make up the endocrine system, how and why they can get off balance, and the most common disorders of hormone imbalance. Additionally, students will understand how to apply the knowledge gained through this course within their scope of practice as Health Coach to support their clients' hormonal health and balance through diet and lifestyle improvements.

Mindful Eating Course

The Mindful Eating Course is designed specifically for Integrative Nutrition Health Coaches who are interested in helping clients navigate and find freedom from emotional and compulsive eating patterns. This 24-module, online course teaches a variety of coaching techniques and strategies to guide clients toward a healthier relationship with food and their bodies for weight loss and improved health. Students will explore their own relationships with food and apply the information from this course through case study examination, reflective exercises, and guided practice.

Ayurveda For Balance: Chopra Health Enrichment

Immerse yourself in Ayurvedic well-being through the Chopra Pillars of Health. With practical guidance on nutrition, movement, sleep, meditation, emotions, and self-care, this online Ayurveda course will help you to learn simple tips to align with nature and elevate your lifestyle.

Deepening Your Practice: Chopra Meditation Enrichment

This course is designed for those with a foundational understanding of primordial sound meditation.

Launch Your Dream Book

Launch Your Dream Book is a 6-month online course that teaches graduates of the Health Coach Training Program™ how to write, self-publish, and promote their own book. Students are provided with all of the tools and steps for how to successfully write, publish, and promote their own book. The course includes training in public relations, marketing, and how to pitch to the media. Additionally, students learn how to position themselves to attract media and speaking opportunities and clients.

Foundation Courses

Alternative Health Remedies

Alternative Health Remedies is a 6-module self-paced online program that supports students in exploring alternative and traditional health practices in their lives. Traditional and alternative ingredients and practices are making their way into the mainstream by way of food, supplements, and self-care. In this course, students will discover scientific principles and biochemical properties that have factored into the popularity of four alternative healing modalities: supplements, mushrooms, essential oils, and CBD. By the end of this course, students will feel confident experimenting with alternative health remedies and integrating them into their health regimens without worry or risk.

Detox Your Life

Detox Your Life is a 6-module self-paced online program that helps students develop empowering, sustainable habits that energize their mind, body, and spirit. As they explore nutrition, beauty, home environment, and the mind-body connection, students will learn simple strategies for reducing toxins as well as practices that support clean living. By the end of the course, students will understand the power of detoxification and its purpose in overall health and well-being. They'll feel confident creating a personalized plan for clean living beyond the end of the course.

Whole-Person Health Course

Whole Person Health is a 6-module self-paced online course that helps students explore holistic health and well-being. They'll hear from top experts about physical health, mental health, emotional health, and spiritual health. Students will understand the power of a multidimensional approach to health and learn strategies to support living healthy in our modern world, including nutrition, rest, processing emotions, relationships, and purpose. By the end of the final module, students will develop their unique approach to holistic health and create their own plan for independent success beyond the Whole Person Health course.

Nutrition for Life

In this course, you'll learn how to eat to support a vibrant, healthful life. Nutrition for Life will introduce you to a new perspective on eating – one that is based on your goals, speaks to your unique requirements, and shows that you have the power to create an eating approach that allows you to thrive. You'll gain a deeper understanding of nutrition, but you'll also learn about yourself as you work to transform your health, both in this course and beyond. The course will provide the tools and information that will help you support your needs in a holistic way. During the course, you'll learn to transform how

you think about food, feel confident navigating nutrition foundations, and identify an eating approach that works best for you.

Chopra Ayurvedic Health Foundations

Chopra Ayurvedic Health Foundations focuses on the ancient science and principles of Ayurveda.

Chopra Meditation Foundations

Chopra Meditation Foundations is an excellent way to begin your inner journey with meditation, all while Deepak Chopra's Primordial Sound Meditation takes you closer to your true self — a place filled with joy, peace, and infinite possibilities.

Chopra Yoga Foundations

Chopra Yoga Foundations is the most accessible way to begin practicing yoga and forging a more harmonious relationship with yourself. Explore the foundations of yoga for beginners, intermediate learners, and advanced pros, all while learning about yoga's deeper meaning.

Institute for Integrative Nutrition Officials and Faculty

Nora McCaffrey Chief Academic Officer

Diploma, Financial Management, Cornell University, 2024

Diploma, Strategic Leadership, University of Pennsylvania, 2021

M.S.Ed., Instructional Systems Technology, Indiana University, 2017

Diploma, Institute for Integrative Nutrition 2011

Diploma, Institute for Culinary Education, 2010

B.A., Psychology, Ithaca College 2006

Faculty for the Health Coach Training Program™(HCTP) & Integrative Nutrition Health Coach II

As a student in the Health Coach Training Program™ or Integrative Nutrition Health Coach II, you may work with one or more of the following faculty members.

Nora McCaffrey

Diploma, Financial Management, Cornell University, 2024

Diploma, Strategic Leadership, University of Pennsylvania, 2021

M.S.Ed., Instructional Systems Technology, Indiana University, 2017

Diploma, Institute for Integrative Nutrition 2011

Diploma, Institute for Culinary Education, 2010

B.A., Psychology, Ithaca College 2006

Sheri Vettel

Diploma, Institute for Integrative Nutrition, 2021

RYT-200, The Triad Yoga Institute, 2017

MPH, Master of Public Health, University of Greensboro at North Carolina, 2014

Accredited Dietetic Internship Program,

Meredith College, 2008

RDN/ LDN, Commission on Dietetic Registration, 2008

B.S. Foods and Nutrition, Meredith College, 2007

Zack Bodenweber

NBC-HWC, The National Board for Health & Wellness Coaching, 2019

M.S.W., Master of Social Work, State University of New York, Albany, 2016

LMSW, New York State Office of the Professions, 2016

B.S., Sociology, State University of New York, Geneseo, 2013

B.A., English Literature, State University of New York, Geneseo, 2013

Cydney Smith

NBHWC Certified Coach. candidate, Summer 2024

Diploma, Chopra Institute Holistic Wellbeing Coach, 2024

RYT-200 Chopra Institute. 2024. My Vinyasa Practice, Yoga Teacher, 2018

Diploma, Institute for Integrative Nutrition. Health Coach, 2007

MS Natural Resource Management, Antioch University, New England, 1998

BA Environmental Studies, State University of New York, Purchase, 1994

Cindy Levine

Gut Health Course, 2022

Hormone Health Course, 2022

NBCHWC (National Board-Certified Health & Wellness Coaches) 2021

Certificate, Health Coach, Purchase College SUNY, 20, Coaching Intensive Practicum, 2021

Certification, Yoga Alliance 200 Hour Registered Yoga Teacher, Fluid Yoga, 2017

Asana at Home – Bernie Clark

Certified International Health Coach, International Association of Health Coaches, 2016

Certificate, Yin Yoga 50 Hour Teacher Training Stil Studio

Institute for Integrative Nutrition Certificate, Health Coach, 2010

Certificate, Triyana – Year-long Meditation Course, 2022

Yoga In Common, Yoga Teacher Training Certification

Yoga Alliance 200 Hour Registered Yoga Teacher, Vinyasa Flow, 2009

Newfane Village Yoga, Yoga Teacher Training Certificate - COBOL Programming, 1995

Certificate - Minicomputer Systems Operator - AS/400 and RPG Programming, 1995

Horry-Georgetown Technical College, Conway, SC,

Associate degree Coursework - Computer Technology, 1995

Ithaca College, Ithaca, NY

Bachelor of Arts, Sociology with Minors in Psychology and Anthropology, 1980

Angela Sydnese

Enrolled Chopra 200-Hour Certification, 2024

Coaching Intensive Program, 2021

Gut Health Course, 2018

Advanced Business Training, 2017

Certified International Health Coach, IAHC 2016

TCM-Transformational Coaching Method 2015, 2016

Studied digestion, women's health, botany, plant identification, proper harvesting,

and phyto-pharmacy methods. Magnetic Messengers Academy- 2014-2015

Crafting your Signature Talk Medicine Women Mastery-2013-2015

Ancient Wisdom for Modern Healers The Art of Money 2013 a yearlong money school

Health Coach Institute Core Program, Comprehensive Business Training for Holistic

Entrepreneurs, 2013

Immersion Spring 2012

Instructor Credentials Angela Sydnese Diploma, Institute for Integrative Nutrition, 2011

Bachelor of Science, Horticulture, Montana State University- Bozeman, 2000

Focus on Holistic management, farm to table, natives and edibles, and plant medicine Herbal

Apprentice Sweet Grass School of Herbalism, 1996-2000

Ana Adames

M.D. in Clinical Nutrition and Nutritional Support - Universidad Simon Bolivar, Caracas, Venezuela

M.D. in Medicine / Medical Doctor - Universidad Central De Venezuela, Caracas, Venezuela

National Board Certified Health & Wellness Coach - NBC-HWC - ID A-3438448

IIN (Institute for Integrative Nutrition) Integrative Nutrition Institute, New York, NY - Nutritional and Health Coach

Florida Registered Medical Assistants Miami, Florida

Dena Ellis

M.B.A., Anglia Ruskin University, Cambridge, UK, 2022

Level 7 Diploma in Strategic Leadership & Management, Qualifi, UK, 2021

National Board Certified in Health & Wellness Coaching (NBC-HWC), 2021

Fellow of the Royal Society for Public Health, UK since 2020

RYT-200, Kauai Yoga School, Hawai'i, 2018
Diploma, Institute for Integrative Nutrition, 2007

Diploma, Bellevue Massage School, 1998

Dillan DiGiovanni

M.Ed., Interdisciplinary, Lesley University, Cambridge, 2015

Diploma, Institute for Integrative Nutrition, New York, 2009

B.S., Education, The College of New Jersey, Ewing, 2000

Susan Scollen

Certified Primordial Sound Meditation Teacher, Chopra, 2024

Rekindled Ancient Wisdom Practitioner, RAW Energetics, 2023

NBC-HWC, The National Board for Health & Wellness Coaching, 2022

Certified Life Coach, The Life Coach School, 2021
Integrative Nutrition Health Coach, Institute for Integrative Nutrition, 2020

Bree Hogen

Emotional Eating Course, Institute for Integrative Nutrition, 2023

Coaching Intensive Practicum (CIP) 2.0, Institute for Integrative Nutrition, 2021

(NBWHC) National Board Health and Wellness Certified Coach, 2021

Master Aromatherapy Diploma, Australian College of Aromatherapy, 2019

Gut Health Course, Institute for Integrative Nutrition, 2018

Hormone Health Course, Institute for Integrative Nutrition, 2018

Certified Essential Oil Coach, The Essential Oil Institute, 2017

HCTP Diploma, Institute for Integrative Nutrition, 2015

Certified International Health Coach (CICH), 2015

Certified Internal Auditor, Institute for Internal Auditors (Australia), 2014

Bachelor of Business / Bachelor of Arts (Japanese), Swinburne University of Technology (Australia), 2003

Rebecca Brame

Candidate for (NBWHC) National Board Health and Wellness Certified Coach, 2024

Diploma, Institute for Integrative Nutrition, 2021

B.A., International Hospitality, and International Tourism Management, University of Gloucestershire, United Kingdom, 2009

Mona Sielbert

Hormone Health Course, IIN (2024 In Progress)

Emotional Eating Course, IIN, 2022

Coaching Intensive Practicum, IIN 2022

Neurociencias aplicadas al deporte, Bs As, December 2022
Acompañante en Bioneuroemoción, Enric Corbera Institute, Spain, March 2020
Advanced Business Course, IIN 2018
Gut Health Course, IIN 2017
Health Coaching Certification, IIN, May 2016
Reiki Master Shinpiden and Animal Reiki Practitioner, July 2016
Life Coaching Certification, SWIHA March 2015
Bioneuroemotions, Enric Corbera Institute, Spain, March 2015

Priscila Migale

Resonant Attention Healing with Stella Eisenstein 2022-2023
Precise Subtle Competencies with Markus Hirzig 2017-2022
International Health Coach Association Certified 2016
Diploma, Institute for Integrative Nutrition 2010

Christine Boutross

NBHC: Certified Coach, 2017
Diploma: Institute for Integrative Nutrition, 2006
M.S. & Professional Diploma: Educational Administration and Supervision 1982
M.S. Education: Curriculum & Teaching: Fordham University 1973
B.A. Child Study and Sociology: St Joseph's College (Now called St. Joseph's University) 1970
NASM & ACE: Certified: Personal Trainer

Aisha Domingue

Certificate in Counseling, Teachers' College, Columbia University, 2008
Diploma, Institute for Integrative Nutrition, 2008
B.A., Smith College, 2002

Lindsay Goldberg

M.S., Education, The College of Saint Rose, 2011
NBC-HWC, The National Board for Health & Wellness Coaching, 2019
B.A., Psychology, State University of New York, Albany, 2007
Diploma, Institute for Integrative Nutrition

Bree Hogan

Emotional Eating Course, Institute for Integrative Nutrition, 2023
(NBWHC) National Board Health and Wellness Certified Coach, 2021
Coaching Intensive Practicum (CIP) 2.0, Institute for Integrative Nutrition, 2021
Master Aromatherapy Diploma, Australian College of Aromatherapy, 2019
Gut Health Course, Institute for Integrative Nutrition, 2018
Hormone Health Course, Institute for Integrative Nutrition, 2018
Certified Essential Oil Coach, The Essential Oil Institute, 2017
HCTP Diploma, Institute for Integrative Nutrition, 2015
Certified International Health Coach (CICH), 2015
Certified Internal Auditor, Institute for Internal Auditors (Australia), 2014
Bachelor of Business / Bachelor of Arts (Japanese), Swinburne University of Technology (Australia), 2003

Michelle MacLean

NBHC Certified Coach, 2021
Certified Wellness & Health Coach, Real Balance Global Wellness, 2020
Diploma, Institute for Integrative Nutrition, 2012
B.A., Public Relations, Mount Saint Vincent University, Halifax, Nova Scotia, 1996
B.A., Political Science, Dalhousie University, Halifax, Nova Scotia, 1990

Irma Mejia

Institute for Integrative Nutrition, HCTP 2014
Gut and Hormone Specialist
Reiki master, Bioenergetic and Biomagnetism
Therapist
Lic. Administración de Empresas y Master en
Finanzas por la Universidad Tecnológica de
México
Chopra Coach

Dianne Wenz

Diploma, Institute for Integrative Nutrition
Certificate, Institute for Integrative Nutrition,
Mindful Eating Course, 2023
Certificate, Institute for Integrative Nutrition,
Gut Health Course, 2022
Certificate, Institute for Integrative Nutrition,
Hormone Health Course, 2018
Certificate, Rouxbe Cooking School, Essential
Vegan Desserts, 2017

Certified International Health Coach,
International Association for Health Coaches,
2017
Certificate, Institute for Integrative Nutrition,
Advanced Business Course, 2017
Certificate, Rouxbe Cooking School, Plant-Based
Professional Chef, 2015
Certificate, Rouxbe Cooking School, Culinary RX,
2015
Certificate, Main Street Vegan Academy, Vegan
Lifestyle Coach, 2012
Certificate, Institute for Integrative Nutrition,
Immersion Graduate Program, 2010
Certificate, Plant-Based Nutrition, T. Colin
Campbell Foundation & eCornell, 2010
Certificate, Institute for Integrative Nutrition,
Professional Training Program, 2009
B.F.A., Illustration, Parsons School of Design,
New York City, 1993

[Faculty For Chopra Coaching Certification](#)

As a student in the Chopra Coaching Certification program, you may work with one or more of the following faculty members.

Deepak Chopra, MD

April 1978 Fellow of the American College of
Physicians 1976-1977
Fellow in Endocrinology and Metabolism VA
Hospital, Boston 1975-1976
Chief Resident in Medicine VA Hospital, Boston
1973-1974
Fellow in Endocrinology and Diabetes, Lahey
Clinic, New England Deaconess Hospital and
Joslin Clinic Curriculum Vitae: Deepak Chopra,
M.D., F.A.C.P. 2 July 1972 – July 1973
Senior Medical Resident VA Hospital, Boston
1971-1972
Junior Resident, Internal Medicine Lahey Clinic
Foundation Boston, MA 1970-1971
Internship, Muhlenbert Hospital Plainfield, New
Jersey 1968 – 1969
All India Institute of Medical Sciences New
Delhi, India
Honorary Degrees:
2016 Doctor of Humane Letters Sofia University

2013 Doctor of Science Hartwick College
2011 Doctor Honoris Causa the Giordano Bruno
University
Board Certification:
Current Medical Board of California License#
C51470 DEA BC8636853
Commonwealth of Massachusetts Board of
Registration in Medicine License#35163 DEA
MC0768652A Subspecialty Board in
Endocrinology and Metabolism Diplomate
American Board of Internal Medicine October
1977

Pete Kirchmer

Mindful Self-Compassion Teacher, Center for
Mindful Self-Compassion, 2018
Primordial Sound Meditation Teacher Training,
The Chopra Center, 2015
Mindfulness Based Stress Reduction Teacher,
University of Massachusetts, 2014

B.S Physiology of Health-Related Sciences,
University of Arizona, 1998

Sheila Patel, MD

M.D., University of Wisconsin Medical School,
1994 B.S.
University of Wisconsin-Madison; Bacteriology,
1990

Roger Gabriel

Part-time studies in Ayurveda and Mind Body
Medicine, Maharishi International University,
1986
Meditation Teacher Training Program, Maharishi
International University, 1973

Manjula Nadarajah

University of Melbourne Primordial Sound
Meditation Instructor Certificate, 2011
Chopra Center Perfect Health (Ayurveda)
Instructor Certificate, 2011, Chopra Center
University of Melbourne Master of Business
Administration, 1997
Bachelor of Engineering (Honours), 1992

Mary McEvelly-Hernandez

Northeastern Illinois University: B.A. 2001
Instituto Cuauhnahuac; Study Abroad:
Cuernavaca, Morelos Mexico 1979-1981
Life and Business Coach Certification November
2012
Master Coach Certification October 2014
Chopra Global Educator Certification 2017,
2019, 2021

Isabelle Moreau

Professional Certified Coach (International
Coaching
Federation)
Professional Co-Active Coach Certification (Co-
Active
Training Institute)

Results Coaching Coach Training (Robbins
Research
Institute)
Chopra Coach Training (Chopra)
Facet5™ Assessment Certified Practitioner &
Trainer
(Facet5™)
Leadership Circle Profile™ Certification (The
Leadership Circle)
Genos Emotional Intelligence Inventory
Certification
(Genos International)
OFactor Trust Survey, Resilience Inventory,
Career
Profile Inventory (Envisia Learning)
Chopra Meditation Certification (Chopra)
Certified Kundalini Yoga Level 1 (Kundalini
Research
Institute)
Kundalini Yoga Level 2 - Conscious
Communication,
Mind & Meditation, Vitality & Stress (Kundalini
Research Institute)
Executive Marketing Management Program,
Queens University, ON 2004
Bachelor Of Education
Université de Montréal, QC 1998

Micole Noble

Bachelor of Arts: COMMUNICATION
California State University - San Marcos | San
Marcos, CA | Jan 2007
Certified Intrinsic Health & Wellbeing Coach -
Intrinsic Solutions, International (December
2022)
The Trevor Project – Volunteer Digital Counselor
(February 2022)
Certified Social Impact Leader, Baptiste
Foundation (June 2020)
Graduate of mind.ful.on, lululemon's signature
200-hour Yoga Leadership Training (June 2019)
Chopra Coaching Certification (2017)
Chopra Center Master Educator (Certified Seven
Spiritual Laws of Yoga, Primordial Sound
Meditation, and Perfect Health Instructor 2012)

Professional Life Coach Certification (2009)
Corporate background in Legal & Staffing (15+ years)

Michelle Kabashinski

Emory Continuing Education
Health Coach Certificate
The Ohio State University
Bachelor of Arts · Communications
National Board-Certified Health & Wellness Coach
The National Board for Health & Wellness Coaching
ACE Certified Personal Trainer

American Council on Exercise
Cognitive Based Compassion Training
Emory University's Center for Contemplative Science and Compassion-Based Ethics
ACE Certified Sports Nutrition Specialist
American Council on Exercise
The Coach Approach
YMCA Wellness Coach

[Faculty For Chopra Meditation Instructor Certification Program](#)

As a student in the Chopra Meditation Instructor Certification program, you may work with one or more of the following faculty members.

Manjula Nadarajah

University of Melbourne Primordial Sound Meditation Instructor Certificate, 2011
Chopra Center Perfect Health (Ayurveda) Instructor Certificate, 2011, Chopra Center
University of Melbourne Master of Business Administration, 1997
Bachelor of Engineering (Honours), 1992

Sheila Patel, MD

M.D., University of Wisconsin Medical School, 1994 B.S.
University of Wisconsin-Madison; Bacteriology, 1990

Heather Haslem

Mind-Body Medicine Facilitator, 2020 – 2021.
The Center for Mind Body Medicine.
Mindfulness-Based Stress Reduction Qualified Teacher, 2017 - 2018.
University of Massachusetts
Integrative Health Coach, 2016. Duke Integrative Medicine.
Registered Yoga Teacher, 2007. 200-hour training completed. Yoga Loka.
Master of Science, 2010. University of Nevada, Reno, Human Development and Family Studies, with an emphasis in Gerontology. Certificate in Gerontology.
Bachelor of Arts, 2006. University of Nevada, Reno, Psychology, Minor in Addiction Treatment

Roger Gabriel

Part-time studies in Ayurveda and Mind Body medicine, Maharishi International University, 1986
Meditation Teacher Training Program, Maharishi International University, 1973

Pete Kirchmer

Mindful Self-Compassion Teacher, Center for Mindful Self-Compassion, 2018

Primordial Sound Meditation Teacher Training,
The Chopra Center, 2015
Mindfulness Based Stress Reduction Teacher,
University of Massachusetts, 2014

B.S Physiology of Health-Related Sciences,
University of Arizona, 1998

[Faculty For Chopra Online Ayurvedic Health Instructor Certification Program](#)

As a student in the Chopra Online Ayurvedic Health Certification program, you may work with one or more of the following faculty members.

Manjula Nadarajah

University of Melbourne Primordial Sound
Meditation Instructor Certificate, 2011
Chopra Center Perfect Health (Ayurveda)
Instructor Certificate, 2011, Chopra Center
University of Melbourne Master of Business
Administration, 1997
Bachelor of Engineering (Honours), 1992

Meditation Teacher Training Program, Maharishi
International University, 1973

Mona Saint

M.P.H., Maternal and Child Health, Tulane
University School of Public Health, 1998
M.D., Tulane University School of Medicine,
1997
B.S. Biology, University of California San Diego,
1992

Sheila Patel, MD

M.D., University of Wisconsin Medical School,
1994 B.S.
University of Wisconsin-Madison; Bacteriology,
1990

Eddie Stern

M.S. Yoga Research, Vivekananda Yoga
University

Roger Gabriel

Part-time studies in Ayurveda and Mind Body
Medicine, Maharishi International University,
1986

Suhas Kshirsagar, MD

BAMS, Pune University, 1989
M.D., Pune University, 1992

[Faculty For Chopra Online Yoga 200-Hour Certification Program](#)

As a student in the Chopra Online Yoga 200-Hour Certification program, you may work with one or more of the following faculty members.

Sheila Patel, MD

M.D., University of Wisconsin Medical School,
1994 B.S.
University of Wisconsin-Madison; Bacteriology,
1990

ISHTA Yoga E-RYT 500-hour Teacher Training,
2003
B.A., Performing Arts, Colorado College, 2000

Prema Posner

Lycee Francais Karuna Yoga 200-hour RYT, 2008
B.A., Languages and Philosophy

Sarah Platt-Finger

Pilin Anice

Yoga 200-hour RYT Kripalu School 300-hours
RYT
BFA, Howard University

Melanie Salvatore-August

Yoga Works 300-hour Teacher Training, 2007
Yoga Works Certified Trainer, 2007
Yoga Works 200-hour Teacher Training, 2007
ISHTA 500-hour Teacher Training, 2006
BFA, University of North Carolina, 1995

Kim Bauman

E-RYT 200Hr. Yoga Teacher Trained RYT 500 Hr.
Yoga Teacher Trained
B.S. Business Management, University of
Phoenix, 2005

Eddie Stern

M.S. Yoga Research, Vivekananda Yoga
University

Faculty For Coaching Intensive Practicum Program & Professional Health Coach
Certification: The Health Coach Training Program™ + Coaching Intensive Practicum
Program

Lindsay Goldberg

M.S., Education, The College of Saint Rose, 2011
NBC-HWC, The National Board for Health &
Wellness Coaching, 2019
B.A., Psychology, State University of New York,
Albany, 2007
Diploma, Institute for Integrative Nutrition

Elizabeth Mander

NBHC Certified Coach 2020
Diploma, Institute for Integrative Nutrition
M.S. Health Coaching, International Health
Coach University, Louisiana, 2017
B.S., Sociology, Austin Peay State University,
Tennessee, 2009

Megan Kalocinski

M.S. Functional and Clinical Nutrition, Maryland
University of Integrative Health, 2018
Diploma, Institute for Integrative Nutrition 2010
BA, Education & Human Development, Boston
College 2002

Zack Bodenweber

NBC-HWC, The National Board for Health &
Wellness Coaching, 2019
M.S.W., Master of Social Work, State University
of New York, Albany, 2016
LMSW, New York State Office of the Professions,
2016
B.S., Sociology, State University of New York,
Geneseo, 2013
B.A., English Literature, State University of New
York, Geneseo, 2013

Alice Cale

NBHC Certified Coach, 2018
Certified International Health Coach, (CIHC)
2015
Diploma, Institute for Integrative Nutrition,
2008
A.A., Onondaga Community College Syracuse NY
1998

Merritt Tracy

NBHC Certified Coach
Yoga Alliance, Registered Yoga Teach

Trained Hormone Coach, Dr. Sara Gottfried
Hormone Health Training, 2013
Certified Integrative Nutrition Health Coach,
2012
BS in Business Administration/Management
Information Systems, University of North
Carolina at Charlotte, 1993

M.S. Health Coaching, International Health
Coach University, Louisiana, 2017
B.S., Sociology, Austin Peay State University,
Tennessee, 2009

Michelle Maclean

NBHWC Certified Coach, 2021
Certified Wellness & Health Coach, Real Balance
Global Wellness, 2020
Diploma, Institute for Integrative Nutrition,
2012
B.A., Public Relations, Mount Saint Vincent
University, Halifax, Nova Scotia, 1996
B.A., Political Science, Dalhousie University,
Halifax, Nova Scotia, 1990

Christine Boutross

NBHWC: Certified Coach, 2017
Diploma: Institute for Integrative Nutrition,
2006
M.S. & Professional Diploma: Educational
Administration and Supervision 1982
M.S. Education: Curriculum & Teaching:
Fordham University 1973
B.A. Child Study and Sociology: St Joseph's
College (Now called St. Joseph's University)
1970
NASM & ACE: Certified: Personal Trainer

Megan Kalocinski

M.S. Functional and Clinical Nutrition, Maryland
University of Integrative Health, 2018
Diploma, Institute for Integrative Nutrition 2010
BA, Education & Human Development, Boston
College 2002

Elizabeth Mander

NBHWC Certified Coach 2020
Diploma, Institute for Integrative Nutrition