

Certified Scientific Meditation Coach Program

Become a Meditation Coach!

Are you passionate about guiding others toward a conscious, purpose-driven life? Join our Certified Meditation Coach Program and empower individuals to unlock their full potential while creating a world of abundance, mindfulness, and fulfillment

Program Overview

Our program is divided into two levels:

- **Level 1 (L1) Meditation Coach Program** – Covers the foundational and scientific principles of meditation and its life-transforming impact.
- **Level 2 (L2) Meditation Coach Program** – Explores advanced meditation techniques, coaching methodologies, and deeper spiritual insights. Completion of L1 is a prerequisite for L2

Both levels are conducted online via the Buddha CEO App

Program Certification

The program offers **two certification options**:

1. **Buddha-CEO Certified Coach Program**

- Certified by Buddha CEO Quantum Foundation

2. **Buddha-CEO & S-VYASA Certified Coach Program**

- Joint certification by Buddha CEO Quantum Foundation & SVYASA University



Note:

The entire course content remains the same for both certifications. The S-VYASA certification adds an additional credential on the certificate, offered with a minimal price difference.

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The L2 Coach Program : 4 modules

- **Module 1: Wisdom sessions**

12 Wisdom Sessions of 90 min each, Once a week

Gain deep insights through interactive discussions, scientific exploration, and transformative wisdom designed to elevate

both personal and professional excellence. Engage in live or self-paced sessions featuring expert talks, peer interactions,

Q&A sessions, and valuable insights from industry leaders.

- **Module 2: Meditation Practice**

Meditation Practice sessions of 40 min each, everyday (5 per week are self paced)

Establish consistency by committing to 40 minutes of daily self-guided meditation, 5 days a week. Utilize the Buddha

CEO app for flexible, anytime, anywhere practice at your convenience.

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- **Module 3: Interactive Practical Sessions (IPS)**

4 Interactive Practical Sessions of 3 hours each, every 4 weeks once

Participate in live, 3-hour sessions conducted every alternate week, designed to deepen your learning through guided practice, interactive discussions, and hands-on engagement. Each session includes meditation, focused topic discussions, breakout room teaching with a paired coach, and participant sharing with Q&A.

- 15-minute guided meditation
- 30-minute Assessment Review
- 60-minute breakout room for live teaching (20–30 min per coach with a paired partner)
- 60-minute participant sharing and Q&A

These sessions provide hands-on practice and peer learning to reinforce your understanding.

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Module 4: Teaching Facilitation Sessions (TFS)

- 10 hours of teaching and 10 hours of facilitation
- Teach in your own programs or volunteer with programs from other organizations
- Collaborate with fellow coaches to refine and develop your sessions
- Submit recordings of your own sessions for evaluation, or
- Provide a certificate from the organization verifying your teaching and facilitation hours if volunteering
- **Note : Begins after completing Module 3, with a 3-month timeframe to complete all sessions**



September Batch (September 7th – October 26th)

Orientation Session: September 7th

5:30 – 7:30 PM IST | 8:00 – 10:00 AM US ET

Module 1: Wisdom Sessions

Attend two sessions per week - Wednesday & Sunday

Session Timings (All Days):

IST Date and Time: September 10th – October 19th

Time: 5:15 AM – 7:30 AM IST

Dates: September: 10, 14, 17, 21, 24, 28

October: 1, 5, 8, 12, 15, 19

US ET Date and Time:

Time: 7:45 PM – 10:00 PM US ET

Dates: September: 9, 13, 16, 20, 23, 27, 30

October: 4, 7, 11, 14, 18

Module 2: Meditation Practice

- Self-practice using our meditation app (40 min x 5 days/week)

Timings: Practice at your convenience

Dates: September 10th – October 19th

Module 3: Interactive Practical Sessions (IPS)

Dates: September 21st – October 26th

- Live practical sessions held every alternate Sunday to practice wisdom from previous weeks classes.
- **Timings:** 5:30 PM - 8:30 PM IST
8:00 AM – 11:00 AM US ET
- **Dates:** September: 21, 28
October: 12, 26

September Batch (November 1st, 2025 - January 31st, 2026)

Module 4: Teaching Facilitation Sessions (TFS)

10 hours of teaching and 10 hours of facilitation. Begins after completing Module 3, with a 3-month

timeframe to complete all sessions

- Time: 3 months
- Dates: November 1st, 2025 - January 31st, 2026

Assessment Requirement

Participants must complete three formative assessments and one final summative assessment as part of the certification process.



Topics Covered in L2 Program

- What is Meditation /What it is Not
- Neuroscience of Learning
- Importance of Vegetarianism for Practice
- Pyramid Energy for Meditation
- Importance of Residential Meditation Centers
- Buddha's Eightfold Path
- Law of Cause and Effect
- Reprogramming Limiting Beliefs
- Meditation for Physical Health and Vitality
- Emotional Intelligence
- Healing Relationships
- Meditation and Mindfulness
- Learning from People Who Live Close to Nature
- Concept of Life's Purpose
- Service to Others is Service unto Ourselves
- Nature of Personal Reality