

# 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.

# Certified Scientific Meditation Coach Program

## 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.

# Certified Scientific Meditation Coach Program

- **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.

# Certified Scientific Meditation Coach Program

## 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 7<sup>th</sup> – October 26<sup>th</sup>)

### **Orientation Session:**

September 7<sup>th</sup> | 5:30 – 7:30 PM

### **Module 1: Wisdom Sessions**

Attend two sessions per week - Wednesday & Sunday

**Session Timings (All Days):** 5:15 AM – 7:30 AM IST

**Session Dates: Wednesday & Sunday**

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

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

### **Module 2: Meditation Practice**

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

**Timings:** Practice at your convenience

**Dates:** September 7<sup>th</sup> – October 26<sup>th</sup>

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

- Live practical sessions held every alternate Sunday to practice wisdom from previous weeks classes.
- Time: 5:30 PM - 8:30 PM IST
- Dates: September: 21, 28  
October: 12, 26

## **September Batch (September 7<sup>th</sup> – March, 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: December, 2025 - March, 2026

### **Assessment Requirement**

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

## November Batch (November 30<sup>th</sup> – January 18<sup>th</sup>)

### **Orientation Session:**

November 30<sup>th</sup> | 5:30 – 7:30 PM

### **Module 1: Wisdom Sessions**

Attend two sessions per week - Wednesday & Sunday

**Session Timings (All Days):** 5:15 AM – 7:30 AM IST

**Session Dates: Wednesday & Sunday**

December: 3, 7, 10, 14, 17, 21, 24, 28, 31

January: 4, 7, 11

### **Module 2: Meditation Practice**

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

**Timings:** Practice at your convenience

**Dates:** November 30<sup>th</sup> – January 18<sup>th</sup>

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

- Live practical sessions held every alternate Sunday to practice wisdom from previous weeks classes.
- Time: 5:30 PM - 8:30 PM IST
- Dates: December: 14, 21  
January: 4, 18

## **November Batch (November 30<sup>th</sup> – May, 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: february, 2026 - May, 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