

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. W Buddha-CEO Certified Coach Program
 - Certified by Buddha CEO Quantum Foundation
- - 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 L1 Coach Program: Three modules, 60 hours, 46 sessions across 7 weeks

Module 1: Wisdom sessions

12 Wisdom Sessions of 90 min each, twice 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

45 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 alternate week

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.

Three alternate-week formative assessments and a final summative assessment



July Batch (July 23rd – September 14th)

Orientation Session:

July 23rd | 5:30 - 7:30 PM IST

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

July: 30

August: 3, 6, 10, 13, 17, 20, 24, 27, 31

September: 3, 7

Module 2: Meditation Practice

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

Timings: Practice at your convenience

Dates: July 23rd – September 14th

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: August 10, 17, 31 September 14



October Batch (October 12th – December 7th)

Orientation Session:

October 12th | 5:30 - 7:30 PM IST

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

October: 22, 26, 29

November: 2, 5, 9, 12, 16, 19, 23, 26, 30

Module 2: Meditation Practice

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

Timings: Practice at your convenience

Dates: October 12th - December 7th

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: November: 2, 9, 23
 December: 7



Topics Covered in L1 Program

- Introduction to Meditation & Program Structure
- Heart Elevation Process
- Fundamentals of Meditation & Brain Waves
- How Meditation Enhances Health & Reduces Stress
- Quantum Physics: "Thoughts Create Reality"
- Science of Manifestation & Reprogramming Limiting Beliefs
- Meditation & Emotional Intelligence
- The Power of Books for Enlightenment
- Ikigai: Secrets to a Long, Fulfilling Life
- Vision of Buddha CEO Quantum Foundation, Inspired by Brahmarshi Patriji
- Creating an Extraordinary Life with Meditation