



IIN

Course

Catalog



# Find the Right Course for You

IIN now offers over fifteen courses across three levels (Foundation, Enrichment and Certification) to support both individual and career-development health and wellness needs. We have also expanded into three key areas of focus, creating an exciting opportunity to offer your audience more options to pursue their purpose and passion.

- Health and Life Coaching
- Nutrition and Wellness
- Yoga and Meditation

## The Health Coach Training Program™

**MOST POPULAR!**

IIN's health coaching certification has been curated over three decades to give our students the most comprehensive and immersive education. An education from IIN is unlike any other—not only will you learn how to reach your health goals and help others do the same, but you'll put into practice two very important concepts unique to IIN: bio-individuality and primary food. Reframe what you know about health and wellness to live a fulfilling life in this comprehensive, integrated and dynamic program that includes content and activities related to holistic nutrition and lifestyle. *Also available in Spanish.*  
2024 course start dates: 1/22, 3/25, 5/20, 7/22, 9/23, 11/18

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## Chopra Meditation Teacher Training Certification

**MOST POPULAR!**

Master the art of primordial sound healing with the Chopra Meditation Certification! Confidently learn to share Primordial Sound Meditation, the meditation practice taught and developed by Deepak Chopra for over 20 years. Get access to the latest in meditation research, earn your Sound Healing Certification, and get access to an expansive toolkit of exclusive teaching and business resources.  
2024 course start dates: 2/20, 6/18, 10/22

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## Chopra Coaching Certification

Discover a mind-body-spirit approach to coaching based in positive psychology, neuroscience, ancient wisdom traditions and Dr. Deepak Chopra's research and consciousness-based philosophies. Get the support, knowledge, and practice to become a well-trained coach ready to change lives. 2024 course start dates: 1/23, 5/21, 9/24, 11/12

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## Hormone Health Course

From adrenal fatigue and high blood sugar to fertility concerns and thyroid disorders, hormone imbalances are at the root of many underlying issues. Learn to restore balance by making holistic shifts to your diet and lifestyle as you receive an introduction to the endocrine system and a full understanding of hormonal imbalances. You'll maximize nutrition for optimal hormone function, optimize women's health and support your hormones for the long-haul.  
2024 course start dates: 1/29, 4/29, 7/22, 10/28

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2024 course start dates: 1/29, 4/29, 7/22, 10/28

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## Gut Health Course

Discover the deep connections between gut health and overall mental, physical, and emotional well-being in our comprehensive Gut Health Course. This course will guide you through tuning into your body's signals, as well as identifying and addressing signs of inflammation and intolerances. Learn essential skills to achieve a balanced life through targeted diet and lifestyle modifications. Our Gut Health Course is designed to empower you with knowledge and practical strategies for optimal digestive health and holistic wellness.  
2024 course start dates: 2/26, 5/28, 8/26, 12/2

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# Find the Right Course for You

## Chopra Ayurvedic Health Teacher Training Certification

Confidently learn to share Ayurvedic knowledge with others with an expansive toolkit of teacher resources including scripts, lesson plans, business essentials, and deeper wisdom from industry leaders.

2024 course start dates: 2/20, 6/18, 10/22

[LEARN MORE HERE](#)

## Chopra Yoga 200-Hour Teacher Training Certification

Led by Deepak Chopra's yoga teacher, Sarah Finger, Chopra Yoga Certification incorporates Ayurveda, meditation, and the 7 Spiritual Laws into a transformational and unique program. Gain the skills and knowledge to live your own yoga and teach yoga to others.

2024 course start dates: 2/20, 6/18, 10/22

[LEARN MORE HERE](#)

## 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.

2024 course start dates: 2/20, 6/18, 10/22

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## Coaching Intensive Practicum

Set yourself up for greater success with advanced coaching skills while completing your education requirements to sit for the National Board for Health and Wellness Coaching (NBHWC) board-certifying exam. The prerequisite for this course is the completion of our Health Coach Training Program or a certificate from another health coaching program.

2024 course start dates: 1/22, 4/22, 8/26

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## Deepening Your Practice: Chopra Meditation Enrichment

This course is designed for those with a foundational understanding of primordial sound meditation; it is self-paced and always open!

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## Mindful Eating Course

Learn to honor your body and trust its cues by understanding what drives compulsive eating patterns, allowing you to find greater joy and fulfillment in all areas of your life and guide others to do the same.

2024 course start dates: 3/25, 6/24, 9/30

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## Nutrition For Life

Nutrition is not one-size-fits all. In this introduction to nutrition course, you will learn how to identify your personalized approach to nutrition and wellness. Self-paced (always open).

[LEARN MORE HERE](#)

## Whole Person Health Course

Through empowering expert content and real-life activities, be empowered to make sustainable changes in order to experience real personal transformation, resulting in you feeling healthier, stronger, more fulfilled, and more confident. Self-paced (always open).

[LEARN MORE HERE](#)

## Detox Your Life

From nutrition and beauty to home and mind, learn to detox your life by reducing your exposure to everyday toxins. Develop an empowering, sustainable way of living that energizes you in body, mind, and spirit with rich and engaging content. Self-paced (always open).

[LEARN MORE HERE](#)

# Find the Right Course for You

## 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. Self-paced (always open).

[LEARN MORE HERE](#)

## 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. Self-paced (always open).

[LEARN MORE HERE](#)

## Chopra Ayurvedic Health Foundations

Chopra Ayurvedic Health Foundations focuses on the ancient science and principles of Ayurveda, including your unique mind-body constitution (or dosha). Self-paced (always open).

[LEARN MORE HERE](#)

## Launch Your Dream Book

Your story is worth telling! In this book writing course, you will learn how to write, design, and self-publish your very own book! Tap into your creativity, hone your strengths, and tell your story to grow your career and earn money in new ways. Both new and seasoned authors are welcome. Self-paced (always open).

[LEARN MORE HERE](#)

## Full Course Catalog

Expand your health and wellness knowledge with courses, products, and services tailored to your personal journey with support from renowned experts.

[LEARN MORE ABOUT ALL IIN AND CHOPRA CLASSES HERE](#)