

Chopra Center University

Mission Statement

Chopra Center University is the global source for individuals to explore, learn, master, and teach the timeless wisdom of Vedanta, Ayurveda, and yoga. We believe that helping others access nurturing practices such as meditation, mind-body balance, and body-centered restful awareness will lead to greater peace and deeper fulfillment in life.

OUR CORE VALUES: **Service, Knowledge, Creativity, and Circulation**

Our CCU team is dedicated to:

- Helping people understand and integrate these timeless teachings into their lives
- Helping those on the Teachers Path align their personal commitment with the academic standards of Chopra Center University
- Helping those on the Teachers Path study, train, prepare, and test for their certification
- Helping build community around these teachings

Chopra Center University is committed to helping you:

- Develop nourishing and fulfilling personal practices
- Share the teachings with others
- Encourage others to experience what you have experienced