



DIPLOMA Mind Body Wellness Practitioner (MBWP)

600 Classroom Hours
17.50-29.25 Credit Hours
12 Months Full Time 18 Months Part Time

MIND BODY WELLNESS & ENTREPRENEURIAL CORE COURSES

Code	Course	Clock	Credit	Pre-Requisite	Date
HY 100	Hypnotherapy - Level I	20	1.25		
BC 550 P\$	Life Coaching - An Introduction	20	1.25		
NC 110	Nutrition - Holistic Foundations I	45	3.00		
BC 401	Public Speaking	15	1.00		
BC 410	Writing for Publication	15	1.00		
BC 511	Business Development & Entrepreneurial Support	48	1.25		
SUB TOTAL		163	8.75		

CHOOSE ONE OPTION FROM THE FOLLOWING FOUR CHOICES:

OPTION #1: HOLISTIC NUTRITION, LIFE COACHING, HYPNOTHERAPY

HN	Holistic Nutrition Specialist	155	9.00		
LC	Life Coaching	80	3.75		
HY	Hypnotherapy	80	3.50		
<i>CERTIFICATE CHOICES WITHIN THE CORE SPECIALITY TO EQUAL 100 HOURS</i>					
AR	Aromatherapy ****OR****	100	5.50-6.25		
RE	Reiki	100	2.75		
HIGHLY RECCOMENDED ELECTIVES 22 HOURS					
EL 201	Meditation – An Introduction	10	0.25		
NC 166	Nutrition Adding Spice to Your Life	4	0.25		
NC 171	Nutrition Cooking & Baking W/ Coconut Flour	4	0.25		
NC 170	Nutrition – Gluten Free Low Sugar Baking	4	0.25		
SUB TOTAL		437	12.00-15.50		

OPTION #2: SPIRITUAL STUDIES

SP	Spiritual Studies	300	20.00		
<i>CERTIFICATE CHOICES WITHIN THE CORE SPECIALITY TO EQUAL 80-100 HOURS</i>					
AR	Aromatherapy	100	5.50-6.25		
LC	Life Coaching	80	3.75		
HY	Hypnotherapy	80	3.50		
RE	Reiki	100	2.75		
HIGHLY RECCOMENDED ELECTIVES 37-57 HOURS					
CC 120	Intuitive Studies	30	2.00		
CC 302	Mastery Skills	30	2.00		
EL 201	Meditation –An Introduction	10	0.25		
PC 955	Polarity – Mystic Bible	12	0.75		
SP 160	Mysticism	15	1.00		
SUB TOTAL		437	25.00-28.75		

OPTION #3: YOGA TEACHER TRAINING

YO	Yoga Teacher Training	200	6.75		
<i>CERTIFICATE CHOICES WITHIN THE CORE SPECIALITY TO EQUAL 200 HOURS</i>					
AR	Aromatherapy	100	5.50-6.25		
CRA	Cranial Unwinding	200	8.50		
HN	Holistic Nutrition Specialist	155	9.00		
HY	Hypnotherapy	80	3.50		
LC	Life Coaching	80	3.75		
POL-APP	Polarity - Associate Polarity Practitioner	200	9.00		
RF	Reflexology	200	6.75-7.25		
RE	Reiki	100	2.75		
TUINA	Tui Na	200	10.75		
HIGHLY RECCOMENDED ELECTIVES 37-57 HOURS					
SM 150	Ayurveda	30	2.00		
OS 740	Chi Gung Meridian Exercises	12	0.25		

CC 101	Communications Skills for Practitioners	15	1.00		
EL 201	Meditation – An Introduction I	10	0.25		
	SUB TOTAL	437	14.00- 20.50		

OPTION#4: POLARITY

POL-APP	Polarity - Associate Polarity Practitioner	200	9.00		
	<i>CERTIFICATE CHOICES WITHIN THE CORE SPECIALITY TO EQUAL 200 HOURS</i>				
AR	Aromatherapy	100	5.50- 6.25		
CRA	Cranial Unwinding	200	8.50		
HN	Holistic Nutrition Specialist	155	9.00		
HY	Hypnotherapy	80	3.50		
LC	Life Coaching	80	3.75		
RF	Reflexology	200	6.75- 7.25		
RE	Reiki	100	2.75		
TUINA	Tui Na	200	10.75		
	<i>HIGHLY RECCOMENDED ELECTIVES 37-57 HOURS</i>				
EL 201	Meditation – An Introduction I	10	0.25		
PC	Polarity – Mystic Bible	12	0.75		
SP 160	Mysticism	15	1.00		
CC 302	Mastery Skills	30	2.00		
	SUB TOTAL	437	8.75- 13.75		
	TOTAL	600	17.50- 29.25		

Student _____ Advisor _____ Date _____

SWIHA's mission is to help individuals discover their gifts and graces, and support them as they take them out into the world in a loving and profitable way.