



Mind-Body Wellness Practitioner (MBWP)

Diploma

600 Classroom Hours
 24.00-34.75 Credit Hours
 12 Months Full-Time
 18 Months Part Time

| Code | Course | Clock Hours | Credit Hours | Pre-Requisite | Course Dates |
|---|---|-------------|--------------|---------------|--------------|
| HY 101 | Hypnotherapy - Foundations Level I | 20 | 1.25 | | |
| BC 550 P\$ | Life Coaching - Foundation | 20 | 1.25 | | |
| HN 101 | Nutrition - Introduction to Holistic Nutrition and Wellness | 30 | 2.00 | | |
| BC 401 | Public Speaking | 15 | 1.00 | | |
| BC 410 | Writing for Publication | 15 | 1.00 | | |
| BC 511 | Business Development & Entrepreneurial Support | 48 | 1.25 | | |
| MIND-BODY WELLNESS CORE COURSES SUBTOTAL | | 148 | 7.75 | | |

CHOOSE ONE OPTION FROM THE FOLLOWING FIVE CHOICES:

OPTION #1: HOLISTIC NUTRITION, LIFE COACHING, HYPNOTHERAPY

| | | | | | |
|--|-----------------------------------|------------|--------------------|--|--|
| HN | Holistic Nutrition Specialist | 170 | 9.75 | | |
| LC | Life Coaching | 80 | 3.75 | | |
| HY | Hypnotherapy | 80 | 3.50 | | |
| OPTION #1 SUBTOTAL | | 330 | 17.00 | | |
| CERTIFICATE CHOICES WITHIN THE CORE SPECIALTY TO EQUAL 100 HOURS | | | | | |
| AR | Aromatherapy ****OR**** | 100 | 5.50 | | |
| RE | Reiki | 100 | 2.75 | | |
| OPTION #1 SPECIALTY SUBTOTAL | | 100 | 2.75-5.50 | | |
| CHOOSE 22 HOURS OF ELECTIVES *Please see advisor for available elective choices that will compliment your specialty choices. | | | | | |
| AR 111 | Aromatherapy - Ginger Compress | 5 | 0.25 | | |
| AR 112 | Aromatherapy - Wellness for Women | 5 | 0.25 | | |
| OS 740 | Chi Gung - Meridian Exercises | 12 | 0.25 | | |
| OPTION #1 ELECTIVE SUBTOTAL | | 22 | 0.08 | | |
| MBWP w/OPTION #1 TOTAL | | 600 | 28.25-31.00 | | |

OPTION #2: SPIRITUAL STUDIES

| | | | | | |
|---|----------------------------------|---------------|--------------------|--|--|
| SP | Spiritual Studies | 300 | 18.75 | | |
| OPTION #2 SUBTOTAL | | 300 | 18.75 | | |
| CERTIFICATE CHOICES WITHIN THE CORE SPECIALTY TO EQUAL 80-100 HOURS | | | | | |
| AR | Aromatherapy | 100 | 5.50 | | |
| LC | Life Coaching | 80 | 3.75 | | |
| HY | Hypnotherapy | 80 | 3.50 | | |
| RE | Reiki | 100 | 2.75 | | |
| OPTION #2 SUBTOTAL | | 80-100 | 2.75-5.50 | | |
| CHOOSE 52-72 HOURS OF ELECTIVES *Please see advisor for available elective choices that will compliment your specialty choices. | | | | | |
| AR 106 | Aromatherapy for the Spirit | 20 | 1.25 | | |
| EC 700 | Reiki I - Traditional | 16 | 0.50 | | |
| EC 400 | Chakras - Intro | 16 | 1.00 | | |
| 52 HOURS ELECTIVE SUBTOTAL | | 52 | 2.75 | | |
| HY 450 | Spirit Releasement | 12 | 0.75 | | |
| AR 120 | Aromatherapy - Therapeutic Touch | 8 | 0.25 | | |
| 72 HOURS ELECTIVE SUBTOTAL | | 72 | 3.75 | | |
| ELECTIVE SUBTOTAL | | 52-72 | 2.00-3.25 | | |
| MBWP w/OPTION #2 TOTAL | | 600 | 33.00-34.75 | | |

OPTION #3: YOGA TEACHER TRAINING

| | | | | | |
|--|-------------------------------|------------|-------------|--|--|
| YO | Unity Yoga Teacher Training | 200 | 6.25 | | |
| OPTION #3 SUBTOTAL | | 200 | 6.25 | | |
| CERTIFICATE CHOICES WITHIN THE CORE SPECIALTY TO EQUAL 160 - 200 HOURS | | | | | |
| YO-N | Yoga Nidra | 100 | 4.50 | | |
| AR | Aromatherapy | 100 | 5.50 | | |
| CRA | Cranial Unwinding | 200 | 8.50 | | |
| HN | Holistic Nutrition Specialist | 170 | 9.75 | | |

| | | | | | |
|---|---|----------------|--------------------|--|--|
| HY | Hypnotherapy | 80 | 3.50 | | |
| LC | Life Coaching | 80 | 3.75 | | |
| POL-APP | Polarity - Associate Polarity Practitioner | 200 | 9.00 | | |
| RF | Reflexology | 200 | 7.50 | | |
| RE | Reiki | 100 | 2.75 | | |
| OPTION #3 SPECIALITY SUBTOTAL | | 170-200 | 7.25-10.50 | | |
| CHOOSE 52-92 HOURS OF ELECTIVES *Please see advisor for available elective choices that will compliment your specialty choices. | | | | | |
| OS 740 | Chi Gung - Meridian Exercises | 12 | 0.25 | | |
| YO 508 | Yoga - Restorative Yoga | 20 | 0.75 | | |
| YO 522 | Yin Yoga - Teaching a Practice of Surrender | 20 | 0.00 | | |
| YO 506 | Yoga - Transformational Yoga Coaching | 40 | 1.75 | | |
| ELECTIVE SUBTOTAL | | 52-92 | 2.00-3.75 | | |
| MBWP w/OPTION #3 TOTAL | | 600 | 24.00-25.50 | | |

OPTION #4: POLARITY

| | | | | | |
|---|---|----------------|----------------------|--|--|
| POL-APP | Polarity - Associate Polarity Practitioner | 200 | 9.00 | | |
| OPTION #4 SUBTOTAL | | 200 | 9.00 | | |
| CERTIFICATE CHOICES WITHIN THE CORE SPECIALTY TO EQUAL 160-200 HOURS | | | | | |
| AR | Aromatherapy | 100 | 5.50 | | |
| CRA | Cranial Unwinding | 200 | 8.50 | | |
| HN | Holistic Nutrition Specialist | 170 | 9.75 | | |
| HY | Hypnotherapy | 80 | 3.50 | | |
| LC | Life Coaching | 80 | 3.75 | | |
| RF | Reflexology | 200 | 7.50 | | |
| RE | Reiki | 100 | 2.75 | | |
| OPTION #4 SPECIALITY SUBTOTAL | | 150-200 | 7.25-8.50 | | |
| CHOOSE 52-92 HOURS OF ELECTIVES *Please see advisor for available elective choices that will compliment your specialty choices. | | | | | |
| OS 740 | ChiGung - Meridian Exercises | 12 | 0.25 | | |
| PC 601 P\$ | Polarity - Seat of the Teacher Intro | 20 | 0.75 | | |
| PC 602 P\$ | Polarity - Seat of the Teacher Intermediate | 20 | 0.75 | | |
| PC 603 P\$ | Polarity - Seat of the Teacher 3 | 24 | 0.75 | | |
| EC 400 | Chakras - Intro | 16 | 1.00 | | |
| ELECTIVE SUBTOTAL | | 52-92 | 2.00-3.75 | | |
| MBWP w/OPTION #4 TOTAL | | 600 | 27.25 - 27.50 | | |

OPTION #5 HOLISTIC NUTRITION & URBAN FARMING (start dates limited)

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|---|---|------------|--------------|--------|--|
| HN | Holistic Nutrition | 170 | 9.75 | | |
| UFE | Urban Farming Educator | 100 | 5.00 | | |
| OPTION #5 SUBTOTAL | | 270 | 20.25 | | |
| CHOOSE 182 HOURS OF ELECTIVES *Please see advisor for available elective choices that will compliment your specialty choices. | | | | | |
| AR 100 | Aromatherapy - Intro | 20 | 1.25 | | |
| AR 101 | Aromatherapy - Advanced | 32 | 2.00 | AR 100 | |
| WH 150 | Western Herbalism - Specialties: an Introduction to Children & Female Herbals | 10 | 0.50 | | |
| WH 250 | Western Herbalism - Herbs for Babies & Children | 8 | 0.50 | | |
| WH 256 | Western Herbalism - The Green Man | 12 | 0.75 | | |
| OPTION #5 ELECTIVE SUBTOTAL | | 82 | 5.00 | | |
| MBWP w/OPTION #5 TOTAL | | 600 | 33.00 | | |

Student _____ date _____

Advisor _____ date _____

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