



Yoga Teacher Training 600 Hour Level (YO600)

Diploma

600 Classroom Hours
23.00 Credit Hours
50 Weeks Full-Time

Code	Course	Clock Hours	Credit Hours	Pre-Requisite	Course Dates
YO 111	Yoga - Module I – UNITY Yoga Foundations	60	2.00		
YO 112	Yoga - Module II - UNITY Yoga Teaching Foundations	60	2.00	YO 111	
YO 113	Yoga - Module III - UNITY Yoga Deepening the Teaching Path	60	2.00	YO 112	
YO 119	Yoga - UNITY Yoga Practicum	20	0.25	YO 113	
YOGA CORE COURSES SUBTOTAL		200	6.25		
MT 521	First Aid	8	0.25		
MT 530	CPR	4	0.25		
YO 321	Yoga - Philosophical Foundation & Applied Yoga Philosophy	30	1.00		
YO 322	Yoga - Advanced Adjustments	28	1.00		
YO 323	Yoga - Business of Yoga	16	1.00		
YO 324	Yoga - Advanced Teaching Methods	28	1.00		
YO 325	Yoga - Yogic Energy Anatomy	28	1.00		
YO 326	Yoga - Modified Poses, Props & Principles	28	1.00		
YO 327	Yoga - Advanced Practicum	30	1.00		
ADVANCED YOGA CORE COURSES SUBTOTAL		200	7.50		
CHOOSE 200 HOURS OF EITHER YOGA ELECTIVES AND/OR SPECIALTIES. Example of elective options listed below. Other elective options available please see advisor for more information. Total of 500 hours of the Yoga Teacher Training 600 Hour program must be yoga courses.					
YO-N P\$	Yoga Nidra	100	4.50		
YOGA SPECIALTY SUBTOTAL		100	4.50		
YO 201	Yoga - Anatomy: Bones, Muscle & Movement	20	1.00		
YO 505	Yoga - Hatha Gong Certification	30	1.50		
YO 506	Yoga - Transformational Yoga Coaching	40	1.75		
YO 515	Yoga - Mantra: Sacred Pranayama	5	0.25		
YO 516	Yoga - Sacred Union: Bhakti Meditations	5	0.25		
YOGA ELECTIVE SUBTOTAL		100	4.75		
YOGA 600 TOTAL		600	23.00		

OTHER AVAILABLE YOGA ELECTIVE COURSES

YO 315	Yoga - Aroma Yoga	15	0.50		
YO 506 P\$	Yoga - Namasker:Awakening Embodied Intelligence	5	0.25		
YO 507	Yoga - Recovery Through Yoga	15	0.50		
YO 508	Yoga - Restorative Yoga	20	0.75		
YO 509 P\$	Yoga - Teaching Yoga for Kids	20	0.75		
YO 511	Yoga - Yoga of the Voice	15	0.50		
YO 513	Yoga - Ha: The Masculine Polarity of Yoga	5	0.25		
YO 514	Yoga - Tha: The Feminine Polarity of Yoga	5	0.25		
YO 517	Yoga - Yoga Dirt: An Unauthorized History of Yoga	4	0.25		
YO 518	Yoga - For Anxiety and Depression	5	0.25		

*100% attendance is required by instructor in order to receive the Hatha Gong Certification. If student is not seeking the Gong Certification Certificate, they will still receive credit for the course by maintaining the SWIHA attendance policy.

Student _____ date _____

Advisor _____ date _____

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