



Yoga Teacher Training 800 Hour Level (YO 800)

800 Classroom Hours
32.00 Credit Hours
67 Weeks Full-Time

Diploma

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		
<p>CHOOSE 2-4 PRIMARY SPECIALTIES TOTALING 400 HOURS OR A COMBINATION OF SPECIALTIES AND ELECTIVES TO TOTAL 400 HOURS 4.2.2013 Example of elective and speciality options listed below. Other elective and speciality options available please see advisor for more information. Total of 500 hours of the Yoga Teacher Training / Yoga Therapist 800 Hour program must be yoga courses.</p>					
RECOMMENDED YOGA SPECIALTIES *Other speciality choice available please see advisor for more information					
YO-N P\$	Yoga Nidra	100	4.50		
POLAPP	Polarity	200	9.00		
SPECIALTIES SUBTOTAL		400	13.50		
YO 201	Yoga - Anatomy: Bones, Muscle & Movement	20	1.00		
YO 505	Yoga - Hath 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		
TOTAL		800	32.00		

OTHER AVAILABLE SPECIALTIES AND ELECTIVES

AR	Aromatherapy	100	5.50		
CN	Cranial Unwinding	200	8.50		
HN	Holistic Nutrition Specialist	200	11.75		
HY	Hypnotherapy	100	4.75		
LC P\$	Life Coaching	100	5.00		
RE	Reiki Traditional	100	2.75		
RF	Reflexology	200	7.50		
UFC	Urban Farming & Conscious Living	100	5.00		
YO 201	Yoga - Anatomy: Bones, Muscles & Movement	20	1.00		
YO 315	Yoga - Aroma Yoga	15	0.50		
YO 401P\$	Yoga - Yoga Nidra I	20	1.00		
YO 505	Yoga - Hatha Gong Certification***Highly Recommended	30	1.50	YTT 200 Program	
YO 506 P\$	Yoga - Transformational Yoga Coaching	40	1.75		
YO 507	Yoga - Recovery Through Yoga	15	0.50		
YO 508	Yoga - Restorative Yoga	20	0.75		
YO 509	Yoga - Teaching Yoga for Kids	20	0.75		
YO 511	Yoga - Yoga of the Voice	15	0.50		
YO 512	Yoga - Namaskar: Awaking Embodies Intelligence	5	0.25		
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 515	Yoga - Mantra: Sacred Pranayama	5	0.25		
YO 516	Yoga - Sacred Union: Bhakti Meditations	5	0.25		
YO 517	Yoga - Yoga Dirt: An Unauthorized History of Yoga	4	0.25		
YO 518	Yoga - Yoga for Anxiety & 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.