## Advanced Yoga Teacher & Healing Arts Practitioner (YO 800) Diploma

- **800 Classroom Hours**
- **32.25 Credit Hours**
- **75 Weeks Full-Time**

### Course Details

<table>
<thead>
<tr>
<th>Code</th>
<th>Course</th>
<th>Clock Hours</th>
<th>Credit Hours</th>
<th>Pre-Requisite</th>
<th>Course Dates</th>
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<tbody>
<tr>
<td>YO 111</td>
<td>Yoga - Module I - UNITY Yoga Foundations*</td>
<td>60</td>
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<td>YO 112</td>
<td>Yoga - Module II - UNITY Yoga Teaching Foundations*</td>
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<td>YO 113</td>
<td>Yoga - Module III - UNITY Yoga Deepening the Teaching Path*</td>
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<td>YO 119</td>
<td>Yoga - UNITY Yoga Practicum</td>
<td>20</td>
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**YOGA CORE COURSES SUBTOTAL**

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<thead>
<tr>
<th>Code</th>
<th>Course</th>
<th>Clock Hours</th>
<th>Credit Hours</th>
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<tr>
<td>MT 521</td>
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<td>MT 530</td>
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<td>YO 331</td>
<td>Yoga - Philosophical Foundation &amp; Applied Yoga Philosophy</td>
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<tr>
<td>YO 322</td>
<td>Yoga - Advanced Adjustments</td>
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<td>YO 328</td>
<td>Yoga - Business of Yoga</td>
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<tr>
<td>YO 324</td>
<td>Yoga - Advanced Teaching Methods</td>
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<tr>
<td>YO 325</td>
<td>Yoga - Yogic Energy Anatomy</td>
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<tr>
<td>YO 326</td>
<td>Yoga - Modified Poses, Props &amp; Principles</td>
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<td>YO 329</td>
<td>Yoga - Advanced Practicum</td>
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**ADVANCED YOGA CORE COURSES SUBTOTAL**

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<th>Code</th>
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<th>Credit Hours</th>
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<tbody>
<tr>
<td>YO 521</td>
<td>Yoga Nidra</td>
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<td>POLAPP</td>
<td>Polarity</td>
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**RECOMMENDED YOGA SPECIALITIES**

*Other speciality choices available, please see advisor for more information*

- YO-N P$: Yoga Nidra
  - Clock Hours: 100
  - Credit Hours: 4.5

**RECOMMENDED YOGA ELECTIVES**

*Other speciality choices available please see advisor for more information*

- YO 526: Yoga - Hatha Gong Certification ***Highly Recommended
  - Clock Hours: 40
  - Credit Hours: 1.5
  - Pre-Requisite: YTT 200 Program

**OTHER AVAILABLE SPECIALITIES AND ELECTIVES**

- AR: Aromatherapy
  - Clock Hours: 100
  - Credit Hours: 5.5
- CN: Cranial Unwinding
  - Clock Hours: 200
  - Credit Hours: 8.5
- HN: Holistic Nutrition Specialist
  - Clock Hours: 200
  - Credit Hours: 11.75
- HY: Hypnotherapy
  - Clock Hours: 100
  - Credit Hours: 4.75
- LC P$: Life Coaching
  - Clock Hours: 100
  - Credit Hours: 5
- RE: Reiki Traditional
  - Clock Hours: 100
  - Credit Hours: 2.75
- RF: Reflexology
  - Clock Hours: 200
  - Credit Hours: 7.5
- UFC: Urban Farming & Conscious Living
  - Clock Hours: 100
  - Credit Hours: 5
- YO 401P$: Yoga - Yoga Nidra I
  - Clock Hours: 20
  - Credit Hours: 1
- YO 506 P$: Yoga - Transformational Yoga Coaching
  - Clock Hours: 40
  - Credit Hours: 1.75
- YO 508: Yoga - Restorative Yoga
  - Clock Hours: 20
  - Credit Hours: 0.75
- YO 521: Yoga - Yin
  - Clock Hours: 16
  - Credit Hours: 0.5
- SP 450: Meditation & Mindfulness
  - Clock Hours: 15
  - Credit Hours: 1

*The YO 526 course - 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.*

12-20-16
REVISED
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.