



# Mind-Body Wellness Practitioner (MBWP)

Diploma

600 Classroom Hours  
 25.50-34.75 Credit Hours  
 12 Months Full-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 121	Nutrition - Foundation of Transformational Healing & Holistic Nutrition	40	2.50		
BC 542	Applied Entrepreneurship	45	3.00		
BC 530	Introduction to Holistic Entrepreneurship	15	1.00		
BC 541	Business Development & Entrepreneurial Support	44	2.25		
<b>MIND-BODY WELLNESS CORE COURSES SUBTOTAL</b>		<b>184</b>	<b>11.25</b>		

**CHOOSE A COMBINATION OF SPECIALTIES AND ELECTIVES TOTALING 416 CLOCK HOURS**

AR	Aromatherapy	100	5.50		
CHP	Clinical Hypnotherapy	190	9.25		
CRA	Cranial Unwinding	200	8.50		
IAG	Intuitive Angel Guide	100	4.75		
HN	Holistic Nutrition Specialist*	160	9.25		
HY	Hypnotherapy	80	3.50		
LC	Life Coaching	80	3.75		
MGIF	Mindfulness and Guided Imagery Facilitation	100	4.75		
POL-APP	Polarity - Associate Polarity Practitioner	200	9.00		
RF	Reflexology	200	7.50		
RE	Reiki	100	2.75		
YO	Unity Yoga Teacher Training*	200	6.25		
UFC	Urban Farming & Conscious Living	100	6.00		
YO-N	Yoga Nidra	100	4.50		

**COURSE ELECTIVES** Please see advisor for available elective choices that will complement your specialty choices.

<b>SPECIALTY AND ELECTIVE SUBTOTAL</b>		<b>416</b>	<b>varies</b>		
<b>MBWP TOTAL</b>		<b>600</b>	<b>25.50-34.75</b>		

\*Holistic Nutrition and Unity Yoga Teacher Training may not be taken together

\_\_\_\_\_  
 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.*