



Certificate of Excellence Yoga - Body Psychology (YO-BP)

100 Classroom Clock Hours

4.50 Credit Hours

Code	Course	Clock Hours	Credit Hours	Pre-Requisite	Course Dates
YO 421	Yoga - Body Psychology I	20	1.00	YTT 200, Polarity APP or Massage Therapy*	
YO 422	Yoga - Body Psychology II	20	1.00	YO 421	
YO 423	Yoga - Body Psychology III	20	1.00	YO 422	
YO 424	Yoga - Body Psychology IV	20	1.00	YO 423	
YO 425	Yoga - Body Psychology Practicum	20	0.50	YO 424	
	TOTAL	100	4.50		

* YTT 200 must be completed if student wants to teach group yoga or pursue Yoga Therapy coursework with Amrit Yoga Institute.

Student date

Advisor date

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