



## Certificate of Excellence Yoga - Meditation in Motion

200 Classroom Clock Hours

7.75 Credits

Code	Course	Clock Hours	Credit Hours	Pre-Requisite	Course Dates
YO 434	Postures of Consciousness	20	1	YTT 200	
YO 430	Intro to Meditation in Motion	40	1.75	YO 434	
YO 431	Applied Meditation in Motion	50	2	YO 430	
YO 432	Meditation in Motion Certification	40	1.75	YO 431	
YO 450	Yoga - Advanced Yogic Energy Anatomy and Chakras	30	1		
YO 433	Meditation in Motion Practicum	20	0.25	YO 433	
	<b>TOTAL</b>	<b>200</b>	<b>7.75</b>		

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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.*