



## Certificate of Excellence Yoga Teacher Training 200 Hour Level (YO)

200 Classroom Clock Hours

6.25 Credit Hours

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		
	<b>TOTAL</b>	<b>200</b>	<b>6.25</b>		

\*Veterans and First Responders focus option available.

FT- Fast Track Rotation

AM - Morning Rotation

PM- Evening Rotation

These program requirements fulfill the requirements for the state of AZ.

If you plan to obtain a massage license in another state, you will need to check with that state's board for their specific requirements.

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