



## Certificate of Excellence

### Yoga Nidra (YO-N)

100 Classroom Clock Hours

4.50 Credit Hours

Code	Course	Clock Hours	Credit Hours	Pre-Requisite	Course Dates
YO 401	Yoga - Yoga Nidra I	20	1.00		
YO 402	Yoga - Yoga Nidra II	20	1.00	YO 401	
YO 403	Yoga - Yoga Nidra III	20	1.00	YO 402	
YO 404	Yoga - Yoga Nidra IV	20	1.00	YO 403	
YO 409	Yoga - Yoga Nidra Practicum	20	0.50	YO 402	
<b>TOTAL</b>		<b>100</b>	<b>4.50</b>		

Student \_\_\_\_\_

Date \_\_\_\_\_

Advisor Initials \_\_\_\_\_

#### Additional Advanced Yoga Nidra Electives (Not part of Yoga Nidra program)

YO 405	Yoga Nidra V – Advanced Techniques Part I	20	1.00	YO 401-404
YO 406	Yoga Nidra VI – Advanced Techniques Part II	20	1.00	YO 401-405