



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 P\$	Yoga - Yoga Nidra I	20	1.00		
YO 402 P\$	Yoga - Yoga Nidra II	20	1.00	YO 401	
YO 403 P\$	Yoga - Yoga Nidra III	20	1.00	YO 402	
YO 404 P\$	Yoga - Yoga Nidra IV	20	1.00	YO 403	
YO 409 P\$	Yoga - Yoga Nidra Practicum	20	0.50	YO 403	
	TOTAL	100	4.50		

P\$-Premium Courses offered at \$18 per course hour

Yoga Nidra electives:

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

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.