



# Yoga Advanced Teacher Training (YO600)

Diploma

600 Classroom Hours  
 21.5 - 23 Credit Hours  
 57 Instructional Weeks/64 Calendar Weeks

| Yoga Advanced Teacher Training Core Courses         |  |            |              |               |      |
|---|--|------------|--------------|---------------|------|
| Yoga - Unity Yoga Teacher Training Courses          |  |            |              |               |      |
| Code  | Course   | Clock      | Credit       | Pre-Requisite | Date |
| 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>Unity Yoga Teacher Training Subtotal</b>         |  | <b>200</b> | <b>6.25</b>  |               |      |
| Advanced Yoga Teacher Training Core Courses         |  |            |              |               |      |
| Code  | Course   | Clock      | Credit       | Pre-Requisite | Date |
| YO 450  | Yogic Energy Anatomy & Chakras                             | 30         | 1.00         |               |      |
| YO 451  | Applied Yoga Anatomy                                       | 30         | 1.50         |               |      |
| YO 560  | Yoga - Philosophy & Meditation                             | 30         | 1.00         |               |      |
| YO 455  | Business of Yoga   | 30         | 1.00         |               |      |
| YO 456  | Therapeutic Postures 1 (Yin)                               | 20         | 1.00         | YO 111        |      |
| YO 457  | Therapeutic Postures 2 (Restorative)                       | 20         | 1.00         | YO 111        |      |
| YO 434  | Posture of Consciousness                                   | 20         | 1.00         | YO 112        |      |
| YO 540  | Trauma Informed Communications for Yoga Teachers           | 30         | 2.00         |               |      |
| YO 435  | Advanced Practicum   | 30         | 0.50         |               |      |
| <b>Advanced Yoga Teacher Training Core Subtotal</b> |  | <b>240</b> | <b>10.00</b> |               |      |
| Yoga Studio Core Courses                            |  |            |              |               |      |
| Code  | Course   | Clock      | Credit       | Pre-Requisite | Date |
| YO 442  | Modified Poses, Props & Principles                         | 30         | 0.75         | YO 111        |      |
| YO 441  | Advanced Sequencing  | 30         | 1.00         | YO 111        |      |
| <b>Yoga Studio Core Subtotal</b>                    |  | <b>60</b>  | <b>1.75</b>  |               |      |

### Choose 100 Hours of Yoga Specialties or Yoga Electives

|        |   |     |      |         |  |
|--------|---|-----|------|---------|--|
| YO-N   | Yoga Nidra  | 100 | 4.50 |         |  |
| YO-BP  | Yoga Body Psychology                              | 100 | 4.50 | YTT 200 |  |
| YO 132 | Intro to Sacred Sound & Meditation                | 20  | 0.75 |         |  |
| EC 132 | Sound Healing for Practitioners                   | 20  | 0.75 |         |  |
| YO 506 | Transformational Yoga Coaching                    | 40  | 1.75 |         |  |
| YO 536 | Transformational Yoga Coaching II - thai Bodywork | 20  | 1.00 | YO 506  |  |
| YO 453 | Foundations of Ayurveda                           | 20  | 1.25 |         |  |
| YO 466 | Yoga - Advanced YIN                               | 20  | 1.00 | YO 456  |  |

Student

Date

Advisor Initials