



Advanced Yoga Teacher & Healing Arts Practitioner (YO 800-S)

Diploma

800 Classroom Hours
 28.75-34.75 Credit Hours
 67 Instructional Weeks/71-75 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		
Unity Yoga Teacher Training Subtotal		200	6.25		
Advanced Yoga Teacher Training Core Courses					
Code	Course	Clock	Credit	Pre-Requisite	Date
YO 555	Yoga - The Bhakti Path: Devotion, Song & Ceremony	30	1.00		
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	Postures of Consciousness	20	1.00	YTT 200	
Advanced Yoga Teacher Training Core Subtotal		210	8.50		
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	
YO 530	Pregnancy & Chair Yoga	30	1.00		
YO 435	Advanced Practicum	30	0.50		
Yoga Studio Core Subtotal		120	3.25		
Choose 270 Hours of Yoga Specialties or Yoga Electives					
Code	Course	Clock	Credit	Pre-Requisite	Date
YO-N	Yoga Nidra	100	4.50		
YO-BP	Yoga Body Psychology	100	4.50		
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 529	Sacred Mudras & Pranayama	10	0.50		
YO 453	Foundations of Ayurveda	20	1.25		
YO 405	Yoga Nidra V - Advanced Techniques Part I	20	1.00	YN-N	
YO 406	Yoga Nidra VI - Advanced Techniques Part II	20	1.00	YO 405	
Yoga Specialties or Yoga Electives Subtotal		270	Varies		
Total:		800			

Student _____

Date _____

Advisor Initials _____