



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

Diploma

800 Classroom Hours  
28.75-34.75 Credit Hours  
67 Instructional Weeks/71-75 Calendar Weeks

Yoga Advanced Teacher Training Core Courses					
<b>Yoga - Unity Yoga Teacher Training Courses</b>					
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>		
<b>Advanced Yoga Teacher Training Core Courses</b>					
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	Posture of Consciousness	20	1.00	YTT 200	
<b>Advanced Yoga Teacher Training Core Subtotal</b>		<b>210</b>	<b>8.50</b>		
<b>Yoga Therapy Core Courses</b>					
Code	Course	Clock	Credit	Pre-Requisite	Date
YO 453	Foundations of Ayurveda	20	1.25		
YO 454	Physiology and Health Conditions for Yoga Therapists	30	2.00		
TC 630	Somatic Psychology: The Neuroscience of Regulation & Trauma	30	2.00		
YT 990	Yoga Therapy Assessment	10	0.25		
YO 435	Advanced Practicum	30	0.50		
<b>Advanced Yoga Therapy Training Core Subtotal</b>		<b>120</b>	<b>6.00</b>		
<b>Choose 270 Hours of Yoga Therapy Course Work</b>					
Code	Course	Clock	Credit	Pre-Requisite	Date
YO-BP	Yoga Body Psychology	100	4.50		
YO-N	Yoga Nidra	100	4.50		
YO 405	Yoga Nidra V - Advanced Techniques Part I	20	0.50	YN-N	
YO 406	Yoga Nidra VI - Advanced Techniques Part II	20	0.50	YO 405	
YO 506	Transformational Yoga Coaching	40	1.75		
YO 132	Intro to Sacred Sound & Meditation	20	0.75		
EC 132	Sound Healing for Practitioners	20	0.75		
YO 529	Sacred Mudras & Pranayama	10	0.50		
YT 901	Yoga Therapy Advanced Practicum	30	1.00	Capstone	
<b>Yoga Therapy Coursework Subtotal</b>		<b>270</b>	<b>Varies</b>		
<b>TOTAL:</b>		<b>800</b>			

Student

Date

Advisor Initials