



Integrative Yoga Therapy (YO 1000)

1000 Classroom Hours

39.5 Credit Hours

75 Instructional Weeks/82-85 Calendar Weeks

Yoga Advanced Teacher Training Core Courses

Yoga - Unity Yoga Teacher Training Courses

Code	Course	Clock	Credit	Pre-Requisite
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

YO 434	Posture of Consciousness	20	1.00	YTT 200
YO 450	Yogic Energy Anatomy & Chakras	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 455	Business of Yoga	30	1.00	
YO 451	Applied Yoga Anatomy	30	1.50	
YO 560	Yoga - Philosophy & Meditation	30	1.00	
Advanced Yoga Teacher Training Core Subtotal		180	7.50	

Yoga Therapy Core Courses

PC 100	Polarity - Basic I	20	1.00	
PC 400	Polarity - Communication, Resonance, & Relations I	32	2.00	
YO 438	I AM Yoga®: Principles of Meditation in Motion®	40	1.00	
YO-N	Yoga Nidra	100	4.50	
YO 405	Yoga Nidra V - Advanced Techniques Part I	20	1.00	YO-N
YO 406	Yoga Nidra VI - Advanced Techniques Part II	20	1.00	YO 405
YO-BP	Yoga Body Psychology	100	4.50	YTT 200
YO 701	Integral Breath Therapy	40	1.75	
YO 702	Integral Breath Therapy Practicum	20	0.25	
YO 454	Physiology and Health Conditions for Yoga Therapists	30	2.00	
YO 506	Transformational Yoga Coaching	40	1.75	
YO 536	Transformational Yoga Coaching II - Thai Bodywork	18	0.50	
EC 132	Sound Healing for Practitioners	20	0.75	
TC 630	Somatic Psychology: The Neuroscience of Regulation & Trauma	30	2.00	
YO 453	Foundations of Ayurveda	20	1.25	
YO 462	Putting it All Together & Yoga Therapy Assessment	20	0.25	
YO 463	Yoga - Advanced Yoga Therapy Supervised Practicum	50	0.25	
Yoga Therapy Core Subtotal		620	25.75	
Integrative Yoga Therapy Total		1000	39.50	

Student

Date

Advisor Initials

