



Yoga Advanced Teacher Training (YO600)

Diploma

600 Classroom Hours
 21.75-22.75 Credit Hours
 57 Instructional Weeks/64 Calendar Weeks
 64 Weeks Full-Time

Code	Course	Clock Hours	Credit Hours	Pre-Requisite	Course Dates
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	YO 111	
YOGA CORE COURSES SUBTOTAL		200	6.25		
YO 331	Yoga - Philosophical Foundation & Applied Yoga Philosophy	28	1		
YO 332	Yoga - Principles of Yoga Anatomy & Alignment	28	1		
YO 328	Yoga - Business of Yoga	28	1		
YO 324	Yoga - Advanced Sequencing & Teaching Methods	28	1		
YO 325	Yoga - Yogic Energy Anatomy	28	1		
YO 326	Yoga - Modified Poses, Props & Principles	28	1		
YO 661	Yoga - Advanced Practicum	32	0.5		
ADVANCED YOGA CORE COURSES SUBTOTAL		200	6.50		
<p>CHOOSE 200 HOURS OF EITHER YOGA ELECTIVES AND/OR SPECIALITIES * Example of elective & speciality options listed below. Other elective and speciality options available please see advisor for more information. Total of 500 hours of the Yoga Teacher Training 600 Hour program must be yoga courses.</p>					
RECOMMENDED YOGA SPECIALITIES - CHOOSE 100 HOURS					
YO-N P\$	Yoga Nidra	100	4.5		
YO- BP P\$	Yoga - Body Psychology	100	4.5	YTT 200, Polarity APP, or Massage Therapy*	
YO-S	Yoga Studio Concentration	100	4.25-5		
ADVANCED YOGA SUBTOTAL		500			
RECOMMENDED YOGA ELECTIVES *Other elective choices available - see below					
YO 526	Hatha Gong Certification	40	1.5	YTT 200 Program	
YO 132	Introduction to Sacred Sound & Meditation	20	0.75		
YO 506	Transformational Yoga Coaching	40	1.75		
YO 504	Prenatal Yoga	20	1		
YO 508	Restorative Yoga	20	0.75		
YO 128	Yoga for PTSD	20	1		
YO 522	Yin Yoga	20	1		
PC 933	Thai Yoga 1 - Hip Openers	20	0.75		
PC 934	Thai Yoga 2 - Shoulders and Spine	20	0.75		
OTHER AVAILABLE SPECIALITIES AND ELECTIVES					
AR	Aromatherapy	100	5.5		
HY	Hypnotherapy	100	4.75		
LC P\$	Life Coaching	100	5		
AG	Intuitive Guide	100	4.75		
RE	Reiki	100	3		
TOTAL		600	21.5-22.5		

* YTT 200 must be completed if student wants to teach group yoga or pursue Yoga Therapy coursework with Amrit Yoga Institute.

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.