



Yoga Advanced Teacher Training (YO600)

600 Classroom Hours
21.75-22.75 Credit Hours
64 Weeks Full-Time

Diploma

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		
YOGA CORE COURSES SUBTOTAL		200	6.25		
MT 521	First Aid	8	0.25		
MT 530	CPR	4	0.25		
YO 331	Yoga - Philosophical Foundation & Applied Yoga Philosophy	28	1		
YO 322	Yoga - Advanced Adjustments	28	1		
YO 328	Yoga - Business of Yoga	28	1		
YO 324	Yoga - Advanced Teaching Methods	28	1		
YO 325	Yoga - Yogic Energy Anatomy	28	1		
YO 326	Yoga - Modified Poses, Props & Principles	28	1		
YO 329	Yoga - Advanced Practicum	20	0.25		
ADVANCED YOGA CORE COURSES SUBTOTAL		200	6.75		
<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>					
YO-N P\$	Yoga Nidra	100	4.50		
YOGA SPECIALTY SUBTOTAL		100	4.50		
YO 526	Yoga - Hatha Gong Certification ***Highly Recommended	40	1.50	YTT 200 Program	
YO 506	Yoga - Transformational Yoga Coaching	40	1.75		
YO 508	Yoga - Restorative Yoga	20	0.75		
YO 504	Yoga - Prenatal Yoga	20	1.00		
YO 522	Yin Yoga - Teaching a Practice of Surrender	20	1.00		
YOGA ELECTIVE SUBTOTAL		140	6.00		
YOGA 600 TOTAL		600	21.75-22.75		

*100% attendance is required by instructor in order to receive the Hatha Gong Certification. If student is not seeking the Gong Certification Certificate, they will still receive credit for the course by maintaining the SWIHA attendance policy.

*It is preferred that those enrolling into the Yoga Teacher Training 600 Hour Level begin with Yoga Teacher Training 200 Hour Fast Track option.

Student _____ date _____

Advisor _____ date _____

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.