



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

Diploma

800 Classroom Hours  
 32.25 Credit Hours  
 67 Instructional Weeks/71-75 Calendar Weeks  
 75 Weeks Full-Time

Code	Course	Clock Hours	Credit Hours	Pre-Requisite	Course Dates
YO 111	Yoga - Module I - UNITY Yoga Foundations	60	2		
YO 112	Yoga - Module II - UNITY Yoga Teaching Foundations	60	2	YO 111	
YO 113	Yoga - Module III - UNITY Yoga Deepening the Teaching Path	60	2	YO 112	
YO 118	Yoga - UNITY Yoga Practicum	20	0.25	YO 111	
<b>YOGA CORE COURSES SUBTOTAL</b>		<b>200</b>	<b>6.25</b>		
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 881	Yoga - Advanced Practicum	32	0.5		
<b>ADVANCED YOGA CORE COURSES SUBTOTAL</b>		<b>200</b>	<b>6.5</b>		
<p>CHOOSE 2-4 PRIMARY SPECIALTIES TOTALING 400 HOURS OR A COMBINATION OF SPECIALTIES AND ELECTIVES TO TOTAL 400 HOURS Example of elective and 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 800 Hour program must be yoga courses.</p>					
<b>RECOMMENDED YOGA SPECIALTIES - CHOOSE 100 HOURS</b>					
YO-N P\$	Yoga Nidra	100	4.5		
YO-BP P\$	Yoga- Body Psychology	100	4.5	YTT 200, Pol APP, MT**	
YO-S	Yoga Studio Concentration	100	4.25-5		
<b>ADVANCED YOGA SUBTOTAL</b>		<b>500</b>			
<b>RECOMMENDED YOGA ELECTIVES *Other elective choices available - see below</b>					
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		
<b>OTHER AVAILABLE SPECIALTIES AND ELECTIVES</b>					
AR	Aromatherapy	100	5.5		
CN	Cranial Unwinding	200	8.5		
HN	Holistic Nutrition Specialist	200	11.5		
HY	Hypnotherapy	100	4.75		
LC P\$	Life Coaching	100	5		
POLAPP	Polarity	200	9		
RE	Reiki	100	3		
RF	Reflexology	200	7.5		
AG	Intuitive Guide	100	4.75		
<b>ADVANCED YOGA NIDRA ELECTIVES</b>					
YO 405 P\$	Yoga Nidra V - Advanced Techniques Part I	20	0.5		
YO 406 P\$	Yoga Nidra VI - Advanced Techniques Part II	20	0.5		
<b>TOTAL</b>		<b>800</b>	<b>32</b>		

\*The YO 526 course - 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.

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

Student \_\_\_\_\_ date \_\_\_\_\_

Advisor \_\_\_\_\_ date \_\_\_\_\_

*SWIHA's mission is to help individuals discover their gifts and graces, and support them as they share their talents with the world in a loving and profitable way.*

