



Advanced Yoga Teacher & Healing Arts Practitioner (YO 800)

Diploma

800 Classroom Hours
32.25 Credit Hours
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 119	Yoga - UNITY Yoga Practicum	20	0.25	YO 111	
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 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 / Yoga Therapist 800 Hour program must be yoga courses.</p>					
RECOMMENDED YOGA SPECIALTIES *Other speciality choices available, please see advisor for more information					
YO-N P\$	Yoga Nidra	100	4.5		
POLAPP	Polarity	200	9		
RECOMMENDED YOGA ELECTIVES *Other speciality choices available please see advisor for more information					
YO 526	Yoga - Hatha Gong Certification ***Highly Recommended	40	1.5	YTT 200 Program	
YO 506	Yoga - Transformational Yoga Coaching	40	1.75		
SPECIALITY & ELECTIVE SUB TOTAL		400	18.25		
TOTAL		800	32.25		
OTHER AVAILABLE SPECIALTIES AND ELECTIVES					
AR	Aromatherapy	100	5.5		
CN	Cranial Unwinding	200	8.5		
HN	Holistic Nutrition Specialist	200	11.75		
HY	Hypnotherapy	100	4.75		
LC P\$	Life Coaching	100	5		
RE	Reiki Traditional	100	2.75		
RF	Reflexology	200	7.5		
UFC	Urban Farming & Conscious Living	100	5		
YO 401P\$	Yoga - Yoga Nidra I	20	1		
YO 506 P\$	Yoga - Transformational Yoga Coaching	40	1.75		
YO 508	Yoga - Restorative Yoga	20	0.75		
YO 521	Yoga - Yin	16	0.5		
SP 450	Mediitation & Mindfulness	15	1		

*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.

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.