



Mind-Body Wellness Practitioner (MBWP)

600 Classroom Hours
25.50-34.75 Credit Hours
48 Instructional Weeks/52 Calendar Weeks

Diploma

Mind-Body Wellness Core Courses					
Code	Course	Clock	Credit	Pre-Requisite	Date
HY 101	Hypnotherapy - Foundations Level I	20	1.25		
HC 101	Foundations of Wellness Coaching	20	1.00		
HN 121	Nutrition - Foundation of Transformational Healing & Holistic Nutrition	40	2.50		
BC 542	Applied Entrepreneurship	45	3.00		
BC 530	Introduction to Holistic Entrepreneurship & Self Empowerment	15	1.00		
BC 540	Business Development & Entrepreneurial Support	40	2.25		
Mind-Body Wellness Core Courses Subtotal		180	11.00		

Select A Focus:

Option 1: Health & Wellness Coach Focus

Code	Specialty	Clock	Credit	Pre-Requisite	Date
HWC	Health and Wellness Coach	180	9.25		
	Electives & Specialties (see options below)	240	varies		
Subtotal		420	9.25		

Option 2: Yoga Focus

Code	Specialty	Clock	Credit	Pre-Requisite	Date
YO	Yoga Teacher Training	200	6.25		
	Electives & Specialties (see options below)	220	varies		
Subtotal		420	6.25		

Option 3: Spiritual Transformation Focus

Code	Specialty	Clock	Credit	Pre-Requisite	Date
RE	Reiki - (Traditional, Shamanic, or Holy)	100	3.00		
IG	Intuitive Guide	100	4.75		
	Electives & Specialties (see options below)	220	varies		
Subtotal		420	7.75		

Specialty Options

AR	Aromatherapy	100	5.50		
APH	Advanced Professional Hypnotherapy	270	12.75		
CRA	Cranial Unwinding	200	8.50		
IG	Intuitive Guide	100	4.75		
HN	Holistic Nutrition Specialist*	160	9.00		
HY	Hypnotherapy	80	3.50		
HWC	Health and Wellness Coach	180	9.25		
POL-APP	Polarity - Associate Polarity Practitioner	200	9.00		
RF	Reflexology	120	4.50		
RE	Reiki	100	3.00		
UF	Urban Farming	100	5.50		
YO	Yoga Teacher Training*	200	6.25		
YO-BP	Yoga - Body Psychology	100	4.50	YTT, APP, MT	
YO-N	Yoga Nidra	100	4.50		

*Holistic Nutrition and Unity Yoga Teacher Training may not be taken together

Student _____

Date _____

Advisor Initials _____