

Choose Your Specializations

Choose one of the following Specializations

Option 1: Whole Foods Culinary Specialist

Code	Course	Clock	Credit	Pre-req	Synch	Date
HN 223-OL	Advanced Whole Foods & Raw Cuisine	30	1.50	HN 210-OL	N/A	
HN 500-OL	Culinary Applications & Business Perspectives	40	2.25	HN 223-OL	N/A	
	Subtotal	70	3.75			

Option 2: Mindful Meditation Facilitator

Code	Course	Clock	Credit	Pre-req	Synch	Date
MM 301-OL	Mindful Meditation Techniques	30	1.50	MM 101-OL	N/A	
MM 401-OL	Mindful Meditation Facilitator	40	2.25	MM 301-OL	Optional	
	Subtotal	70	3.75			

*Course has synchronous hours

Total 755 41.50

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.