



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		
LC 111	Introduction to Life Coaching	20	1.25		
HN 600	Applied Holistic Nutrition & Whole Foods Culinary I	40	2.25		
BC 530	Introduction to Holistic Entrepreneurship & Self Empowerment	15	1.00		
BC 540	Business Development & Entrepreneurial Support	40	2.25		
BC 542	Applied Entrepreneurship	45	3.00		
Mind-Body Wellness Core Courses Subtotal		180	11.00		

Select A Focus:

Option 1: Coaching Focus

Code	Specialty	Clock	Credit	Pre-Requisite	Date
LC	Life Coaching (or Intuitive Guide)	100	9.25		
HY	Hypnotherapy (or Yoga Nidra)	100	4.75		
	Electives & Specialties (see options below)	220	varies		
Subtotal		420	14.00		

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: Transformation Focus

Code	Specialty	Clock	Credit	Pre-Requisite	Date
RE	Reiki - (Traditional or Shamanic)	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		
CRA	Cranial Unwinding	200	8.50		
IG	Intuitive Guide	100	4.75		
HN 610	Applied Holistic Nutrition & Whole Foods Culinary II	30	1.25	HN 600	
HN 620	Mindful Eating & Nutrition Wellness Coaching	30	1.25		
HY	Hypnotherapy	80	3.50		
HY 404	Hypnotherapy - Advanced Techniques	30	0.75	HY 301	
HY 316	Hypnotherapy - Fears, Phobias & Addictions	20	1.00	HY 301	
HY 354	Hypnotherapy - Past Life Regression	30	1.50	HY 301	
HY 478	Hypnotherapy - Dreams & Metaphors	30	1.00	HY 301	
HY 600 P\$	Hypnotherapy - Certification Prep	10	0.50	HY 301	
HWC-IDL	Health and Wellness Coach	200	11.25		
LC	Life Coaching	80	3.75		
POLAPP	Polarity - Associate Polarity Practitioner	200	9.00		
RF	Reflexology	120	4.50		
RE	Reiki (Traditional or Shamanic)	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		

Student

Date

Advisor Initials