



Associate of Occupational Studies in Holistic Healthcare

Concentration in: Yoga Therapy (AOS/C-YT)

60 Credit Hours / 1052-1082 Classroom Hours

96 Instruction Weeks / 104 Calendar Weeks

AOS General Education Requirements					
Code	Course	Clock	Credit	Pre-Requisite	Date
TC 610	Heart Centered Leadership	20	1.25		
TC 630	Somatic Psychology: The Neuroscience of Regulation & Trauma	30	2.00		
TC 640	Somatic Psychology: The Subtle Body	30	2.00		
CC 131	Psychology of Addiction - Understanding the Shadow	32	2.00		
TC 150	Building Resiliency and Stress Management	24	1.50		
TC 635	Somatic Psychology: Trauma Informed Communications	30	2.00		
BC 412	Writing for Publication	20	1.00		
BC 405	Motivational Speaking & Presenting	30	2.00		
BC 200	Basic Finance	16	1.00		
HN 600	Holistic Nutrition Foundation and Applied Cooking I	40	2.25		
AOS General Education Requirements Subtotal		272	17.00		
Applied Somatic Psychology Core Courses					
LC 111	Introduction to Life Coaching	20	1.25		
YO 506	Transformational Yoga Coaching	40	1.75		
YO 537	Yogic Bodywork	20	0.50		
MI 500	Mindful-based Stress Recalibration & Retraining (MBSRR)	30	1.50		
MI 520	Mindful Movement & Self Expression	20	0.75		
YO 701	Integral Breath Therapy	40	1.75		
TC 710	Somatic Recalibration – Somatic Experiencing	40	1.75		
TC 720	Applied Somatic Recalibration & Integration Practicum	40	1.75		
YN	Yoga Nidra	100	4.50		
Applied Somatic Psychology Core Subtotal		350	15.50		
Yoga - Unity Yoga Teacher Training Courses					
YO 111	Yoga - Module I - UNITY Yoga Foundations	60	2.00		
YO 112	Yoga - Module II - UNITY Yoga Teaching Foundations	60	2.00	YO 111	
YO 113	Yoga - Module III - UNITY Yoga Deepening the Teaching Path	60	2.00	YO 112	
YO 119	Yoga - UNITY Yoga Practicum	20	0.25		
Unity Yoga Teacher Training Subtotal		200	6.25		
Advanced Yoga Teacher Training Core Courses					
YO 434	Posture of Consciousness	20	1.00	YTT 200	
YO 451	Applied Yoga Anatomy	30	1.50		
YO 560	Yoga - Philosophy & Meditation	30	1.00		
YO 456	Therapeutic Postures 1 (Yin)	20	1.00	YO 111	
YO 477	Therapeutic Postures 2 (Restorative)	30	1.00	YO 111	
YO 455	Business of Yoga	30	1.00		
Advanced Yoga Teacher Training Core Subtotal		160	6.50		
Yoga Therapy Core Courses					
YO 405	Yoga Nidra V - Advanced Techniques Part I	20	1.00	YO-N	
YO 406	Yoga Nidra VI - Advanced Techniques Part II	20	1.00	YO 405	
YO 453	Foundations of Ayurveda	20	1.25		
YO 454	Physiology and Health Conditions for Yoga Therapists	30	2.00		
YO 438	I AM Yoga®: Principles of Meditation in Motion®	40	1.00		
YO-BP	Yoga Body Psychology	100	4.50	YTT 200	
EC 134	Sound Therapy for Bodyworkers & Practitioners: Bowls on Body	20	0.75		
PC 100	Polarity - Basic I	20	1.00		
YO 702	Integral Breath Therapy Practicum	20	0.25		
YO 463	Yoga - Advanced Yoga Therapy Supervised Practicum	50	0.25		
YO 462	Putting it All Together & Yoga Therapy Assessment	20	0.25		
	Yoga Electives	varies	1.50		
Yoga Therapy Core Subtotal		Varies	14.75		
TOTAL			60.00		

Student

Date

Advisor Initials