

YOGA TEACHER TRAINING CERTIFICATE (200-HOUR)

Division: Kinesiology

PROGRAM CODE: 1C41003

Financial Aide Eligible

The **Yoga Teacher Training (200-hour) Certificate** prepares students for and satisfies requirements of Yoga Alliance (RYS 200) accredited program. This program is designed first, for students to experience the study of Yoga as a system of practice; and second, from a place of experience, provide teaching tools based on the methodological study of Yoga. This methodological study of Yoga is based on Patanjali's Yoga Sutras and is designed to prepare students for employment as Yoga Teachers in the health and wellness industry. To earn this certificate, complete the required courses as listed with a grade of C or better. This certificate requires a total of 11 units.

Code	Title	Units
Required courses are listed in suggested sequence: (9 units)		
KIN 290 C	Philosophy and Consciousness of Yoga	3
KIN 291 C	Yoga and the Physical Body	3
KIN 293 C	Contemporary Yoga Studies	3
Elective courses: select 2 units from the following: (2 units)		2
KIN 128 C	Yoga-Intermediate	0.5-1
KIN 129 C	Vinyasa Yoga	0.5-1
KIN 130 C	Yoga (formerly PE 102 C)	0.5-1
KIN 131 C	Restorative and Gentle Yoga	0.5-1
KIN 132 C	Hatha Yoga	0.5-1
Total Units		11

Program Student Learning Outcomes

OUTCOME 1: Acquire skills and knowledge that include functional anatomy, physiology, meditation, mindfulness, posture, and breathing practice, and prepare student for a career as a yoga teacher

https://www.curricunet.com/Cypress/reports/program_report.cfm?programs_id=1601