

Yoga Teacher Training Certification

The Yoga Teacher Training Certificate Program prepares students for employment as a certified yoga instructor to lead both group classes and private individual sessions. It is possible to complete this certificate in one calendar year. The curriculum has been designed to equip the student with the background, both theoretical and practical, to pursue a job in gyms, recreational centers, colleges, after school programs, and private studios.

Courses include yoga laboratories, anatomy, movement analysis, instructional theory, foundational and methodological aspects of yoga, asanas (poses), sequencing, delivery, body alignment, philosophy, and working with people who have special medical needs or injuries. Yoga instructors also implement mind-body-spirit connection, providing a supportive and nurturing environment while being mindful of individualized needs to engage the physical, mental, and spiritual bodies. The program will enable students to become Yoga Alliance certified at the 200-hour level.

To acquire the **Certificate of Achievement in Yoga Teacher Training Certification**, it is necessary to complete the following courses:

Required Courses	Units	N	IP	C
KIN 145 Theory and Analysis of Fitness Instruction	2			
KIN 146 Training Principles for Special Populations	2			
KIN 058 *Yoga Teacher Training I: Foundations	3			
KIN 059 *Yoga Teacher Training II: Methodologies	3			
KINA 158 Yoga I	1			
KINA 258 *Yoga II	1			
Total units needed for Certificate of Achievement	12			
<i>*Prerequisite</i>				