

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. The program is structured in four layers: physical, subtle, psychological, and philosophical. This layered approach to the study of Yoga, from gross to subtle, 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. The methodological study 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 16 units.

Code	Title	Units
Required Courses (12 units):		
KIN 290 C	Philosophy and Consciousness of Yoga	3
KIN 291 C	Yoga and the Physical Body	3
KIN 292 C	Yoga and the Subtle Body	3
KIN 293 C	Contemporary Yoga Studies	3
Elective Courses - Select from the following (4 units):		4
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
PHS 294 C	Integ Mental Hlth and Mindflns	3
PHS 296 C	Whole Systems Integrative Health	3
Total Units		16

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