

YOGA TEACHER TRAINING - 300 HOUR

or ES/T 218	STRESS MANAGEMENT AND MINDFULNESS FOR YOGA TEACHERS AND EVERYONE ELSE	
BUS 148	DEVELOPING AND STARTING A NEW BUSINESS	3.00
Total Units		12

Certificate of Achievement Career/Technical (Major Code: 01364)

Advanced level yoga teachers design and instruct yoga classes, workshops, and eventually trainings for participants of various ability levels. They ensure through diligent planning, intelligent sequencing, and the inclusion of appropriate progressions of poses that each class experience is safe, effective and enjoyable for all participants. This program fulfills the requirement for the 300-hour registered yoga teacher (RYT) credential with Yoga Alliance and covers a wide range of topics from the history and philosophy of yoga, to basic alignment principles and teaching methodologies.

Program Student Learning Outcomes

- Design intelligently structured and sequenced yoga classes, workshops, and elementary level trainings.
- Create an effective business strategy for oneself including personal brand and/or identifying one's niche and if appropriate leveraging social media.
- Demonstrate the ability to modify your yoga class to student(s) with a health obstacle or physical limitation by selecting postures and pranayama that can be beneficial for that student, and by using progressions and regressions effectively.
- Understand and instruct yoga in a manner that is founded in the ancient roots of yoga and empowered through the universal aspects of modern postural yoga.

Gainful Employment

The U.S. Department of Education requires colleges to disclose a variety of information for any financial aid eligible program that "prepares students for gainful employment in a recognized occupation."

Students who complete this program will have acquired the necessary analytical tools to successfully secure gainful employment in the field of study.

For more information regarding the data provided for this program and what it means to you as a student, please feel free to visit our SWC Gainful Employment website at: www.swccd.edu/gainfulemployment (<http://www.swccd.edu/gainfulemployment/>).

Code	Title	Units
Required Courses		
ES/T 220	YOGA TEACHER TRAINING 300HR ADVANCED INTEGRATION	3.00
ES/T 221	YOGA TEACHER TRAINING 300HR ADVANCED IMPLEMENTATION	3.00
ES/T 222	YOGA TEACHER TRAINING 300HR ADVANCED METHODOLOGIES	1.00
ES/A 264 or ES/A 265 or ES/A 266	BEGINNING YOGA INTERMEDIATE YOGA ADVANCED YOGA	1.00
ES/T 216	COMPASSION TRAINING FOR YOGA TEACHERS AND EVERYONE ELSE	1.00