



## Certificate - Yoga 20-21 Recommended Program Sequence

All courses with a + sign indicate a pre-requisite or co-requisite

| Term 1 (Semester: Maximum 19 units, 15 units recommended)                                | Units    |
|--|----------|
| <b>KINT 240, Yoga Teacher Training 1-Yogic Lifestyle &amp; Yoga as a Health Practice</b> | 3        |
| <b>KINT 241, Yoga Teacher Training 2-Gross and Subtle Anatomy</b>                        | 3        |
| <b>Total</b>   | <b>6</b> |
| <b>Term 2 (Semester: Maximum 19 units, 15 units recommended)</b>                         |          |
| <b>KINT 242, Yoga Teacher Training 3-Pedagogy: The Art &amp; Science of Teaching</b>     | 3        |
| <b>KINT 243, Yoga Teacher Training 4-Social Applications of Yoga</b>                     | 3        |
| <b>Total</b>   | <b>6</b> |
| <b>Graduate</b>  |          |

The Yoga Instructor certificate program prepares individuals to safely and effectively teach yoga to individuals and in group settings. This coursework includes training and teaching methodology for asana (physical poses), pranayama (breath work), and meditation. Included in the curriculum is study in the physical and subtle anatomy, yogic philosophy and lifestyle, teaching methods and ethics, and English and Sanskrit terminology.

Completion of this program prepares students for employment in yoga studios, health and fitness clubs, health care facilities, as well as for self-employment as yoga instructors. It is also designed for those who want to add yoga techniques to their existing professional portfolios, as in the case for personal trainers, body workers, caregivers, therapists and teachers in other disciplines. Upon completion of the program the successful student will be able to register with Yoga Alliance at the 200- Hour Yoga Teacher Training level.

Take Summer classes if needed to complete the program in a timely manner.

The state requires all students to have a Comprehensive Educational Plan. Make a counseling appointment as soon as enrollment is established on any term. Come by the Counseling Center or call. Online Counseling is available: <https://www.avc.edu/student-services/counseling>

| Certificate Required Courses:   | Units     |
|---|-----------|
| KINT 240, Yoga Teacher Training 1-Yogic Lifestyle & Yoga as a Health Practice | 3         |
| KINT 241, Yoga Teacher Training 2-Gross and Subtle Anatomy                    | 3         |
| KINT 242, Yoga Teacher Training 3-Pedagogy: The Art & Science of Teaching     | 3         |
| KINT 243, Yoga Teacher Training 4-Social Applications of Yoga                 | 3         |
| <b>Units Required for the Certificate:</b>                                    | <b>12</b> |

**Grade Point Average Requirement:** An overall grade point average of 2.0 ("C" average) is required.

**Double Counting:** While a course might satisfy more than one general education requirement, it may not be counted more than once for these purposes. A course may be used to satisfy both a general education requirement and a major or area of emphasis requirement.

**Residency:** Minimum of 12 units completed at AVC with a minimum of 9 of those units completed from the certificate/major. (credit earned by examination will not be included in these 12 units) Title 5, Section 54000:<http://ccr.oal.ca.gov>

**Requirements for Two or More Associate Degrees:** To be eligible for multiple associate degrees, a student must have completed all of the graduation requirements for each degree.

**Transfer:** Students planning to continue studies at a four-year college or university after AVC should visit the Transfer Resource Center or the Counseling Center and consult with a counselor as soon as possible to develop a plan of studies. Additional preparation for the major information on official transfer articulation agreements from AVC to many CSU/UC campuses can be found at the following Web site: [www.assist.org](http://www.assist.org)

The "Catalog Rights Policy" sets forth the criteria used for determining the degree requirements under which students may graduate. Please refer to the AVC Catalog for a detailed description or consult with a counselor.

**Advisory:** A condition of enrollment that a student is advised, but not required, to meet before or in conjunction with enrollment in a course or educational program.

**Prerequisite:** A condition of enrollment that a student is required to meet in order to demonstrate current readiness for enrollment in a course or educational program. Prerequisites are enforced and a student will be blocked from enrolling or involuntarily dropped after enrolling if the student does not meet the stated prerequisite. A student must complete a course prerequisite with a satisfactory grade of A, B, C or P (pass).

**Corequisite:** A condition of enrollment consisting of a course that a student is required to simultaneously take in order to enroll in another course. Corequisites are enforced and a student will be blocked from enrolling if the student does not meet the stated co-requisite.

- Other Requirements:**
- A Degree program in Yoga Instructor is not available
  - Minimum grade of "C" required on each course
  - Maximum of 6 pass/no-pass units accepted for the Certificate
  - Refer to catalog or online website for course listings and descriptions