

# YOGA TEACHER TRAINING - 200 HOUR

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## Certificate of Achievement

Career/Technical (Major Code: 01363)

Yoga teachers design and instruct yoga classes 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 200-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

- Create and teach an intelligently sequenced yoga class with teaching methodology and effective communication, proper demonstration, effective cueing, appropriate progressions and regressions of poses, and the ability to analyze proper body alignment and administer appropriate physical adjustments to enhance safety.
- 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.
- Create an effective business strategy for oneself including your personal brand and/or identifying one's niche and if appropriate leveraging social media.

## 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) (<http://www.swccd.edu/gainfulemployment/>).

Code	Title	Units
<b>Required Courses</b>		
ES/T 210	YOGA TEACHER TRAINING ESSENTIALS	3
ES/T 211	YOGA TEACHER TRAINING PROGRESSIVE METHODOLOGIES	3
ES/T 212	YOGA TEACHING PRACTICUM	1
ES/A 264	BEGINNING YOGA	1
or ES/A 265	INTERMEDIATE YOGA	
or ES/A 266	ADVANCED YOGA	
<b>Total Units</b>		<b>8</b>