

# YOGA TEACHER TRAINING - 300 HOUR

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

Code	Title	Units
<b>Required Courses</b>		
ES/T 220	YOGA TEACHER TRAINING 300HR ADVANCED INTEGRATION	3
ES/T 221	YOGA TEACHER TRAINING 300HR ADVANCED IMPLEMENTATION	3
ES/T 222	YOGA TEACHER TRAINING 300HR ADVANCED METHODOLOGIES	1
BUS 148	DEVELOPING AND STARTING A NEW BUSINESS	3
ES/T 216	COMPASSION TRAINING FOR YOGA TEACHERS AND EVERYONE ELSE	1
or HLTH 220	MINDFULNESS OF AWE TRAINING	
Select 1 unit from the below Yoga courses:		1

ES/A 264	BEGINNING YOGA	
ES/A 265	INTERMEDIATE YOGA	
ES/A 266	ADVANCED YOGA	
ES/A 271A	INTRODUCTORY YOGA FOR ATHLETES	
ES/A 271B	BEGINNING YOGA FOR ATHLETES	
ES/A 271C	INTERMEDIATE YOGA FOR ATHLETES	
ES/A 271D	ADVANCED YOGA FOR ATHLETES	
ES/A 279A	INTRODUCTORY GENTLE/ RESTORATIVE/YIN YOGA	
ES/A 279B	BEGINNING GENTLE/RESTORATIVE/YIN YOGA	
ES/A 279C	INTERMEDIATE GENTLE/RESTORATIVE/ YIN YOGA	
ES/A 279D	ADVANCED GENTLE/RESTORATIVE/YIN YOGA	
<b>Total Units</b>		<b>12</b>