

26-27 Cert. Yoga Instructor Certificate (KIN2) (Noncredit)



ABOUT THIS MAJOR

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. For more information, visit the [Health and Safety Sciences](#) division.

TO EARN A DEGREE A STUDENT MUST COMPLETE THE FOLLOWING:

[1] Complete all required courses with a minimum grade of "P"/"SP"

NONCREDIT Cert. Yoga Teacher Training Program (KIN2)

[Total Hours Required for the Major 216]

Required courses, complete ALL the following (total 45 Hours)

KINT900 - Yoga Teacher Training 1 - Yogic Lifestyle and Yoga as a Healing Practice	54
KINT901 - Yoga Teacher Training 2 - Gross and Subtle Anatomy	54
KINT902 - Yoga Teacher Training 3 - Pedagogy: The Art and Science of Teaching	54
KINT903 - Yoga Teacher Training 4 - Social Applications of Yoga	54

RECOMMENDED PATHWAY

Cert. Yoga Teacher Training Program (NONCREDIT)

The Recommended Plan of Study is determined by the discipline faculty
Take classes in Summer or Intersession if needed to complete your degree in a timely manner!

Fall/Spring: Max 19 units | Summer: Max 9 units | Intersession: Max 6 units

SEMESTER 1	
Course	Units
KINT900	54
Total Units	54

SEMESTER 2	
Course	Units
KINT901	54
Total Units	54

SEMESTER 3	
Course	Units
KINT902	54
Total Units	54

SEMESTER 4	
Course	Units
KINT903	54
Total Units	216

COUNSELING NOTE SECTION

Prerequisite: If a course is listed as a prerequisite for another course, that prerequisite course must be completed with a satisfactory grade to enroll in the next course. A satisfactory grade is a grade of "A," "B," "C" or "P". Students who enroll in classes for which they do not meet the prerequisites will be involuntarily dropped. Students will be notified of this involuntary drop. Title 5, Section 55200(d)

Application for Graduation:

Antelope Valley College awards degrees three times annually following the Fall, Spring, and summer semesters. Students must apply for graduation to earn their degree or certificate. **Applications are due by September 6 for spring/summer graduates and by February 14 for fall graduates.**

AVC 26-27 CATALOG: [ACADEMIC POLICIES](#)

INFORMATION and RESOURCES

Tutoring Assistance	Career Center	AVC Student Health Services
Transfer Center	Office of Students with Disabilities	Palmdale Center
Basic Needs	Financial Aid	Counseling Division