

Yoga Instructor Certificate 25-26



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 [Athletics and Kinesiology](#) division

TO EARN A Certificate A STUDENT MUST COMPLETE THE FOLLOWING:

- [1] Completion of Major & Program Electives Courses
- [2] Minimum grade point average of 2.0
- [3] A C or better in all courses required for the major

Certificate- Yoga Instructor

[Total Unit Required in the Major 12]

Required Courses, complete ALL courses (12 units)	
KINT240 - Yoga Teacher Training 1 - Yogic Lifestyle and Yoga as a Healing Practice	3
KINT241 - Yoga Teacher Training 2 - Gross and Subtle Anatomy	3
KINT242 - Yoga Teacher Training 3 - Pedagogy: The Art and Science of Teaching	3
KINT243 - Yoga Teacher Training 4 - Social Applications of Yoga	3

RECOMMENDED PATHWAY Yoga Instructor Certificate

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

☒ Major

SEMESTER 1

Course	Units
<input checked="" type="checkbox"/> KINT 240	3
<input checked="" type="checkbox"/> KINT 241	3
Total Units	6

SEMESTER 2

Course	Units
<input checked="" type="checkbox"/> KINT 242	3
<input checked="" type="checkbox"/> KINT 243	3
Total Units	6

Total Certificate Units 12