

**COUNSELING CENTER ADVISING**

- A Degree program in Yoga Instructor is not available
- Requires a minimum grade of “C” on each course
- Maximum of 6 pass/no pass units accepted
- Minimum of 12 units completed in residence at AVC with a minimum of 9 of those units completed in the certificate coursework (credit earned by examination will not be included in these 12 units)
- Refer to catalog or online website for course listings, descriptions, and suggested course sequence if available

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.

### YOGA INSTRUCTOR

| <b>Required Courses</b>  | <b>units</b> |
|--|--------------|
| KIN 108A, Yoga Teacher Training<br>1-Yogic Lifestyle & Yoga as a Healing<br>Practice | 3            |
| KIN 108B, Yoga Teacher Training 2-Gross<br>and Subtle Anatomy                        | 3            |
| KIN 108C, Yoga Teacher Training<br>3-Pedagogy: The Art and Science of<br>Teaching    | 3            |
| KIN 108D, Yoga Teacher Training 4-Social<br>Applications of Yoga                     | <u>3</u>     |
| <b>Units Required for Certificate</b>  | <b>12</b>    |

#### Prerequisite Completion

If a course is listed as a prerequisite for another course, that prerequisite course must be completed with a satisfactory grade in order to enroll in the next course. According to Title 5, Section 55200(d), 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.

### Grade Point Average Requirement

An overall grade point average of 2.0 (“C” average) is required.

### Requirements for Two or More Certificates

To earn more than one certificate, a course can be used as part of as many certificate requirements as the student wishes to obtain.

### Transfer

Students planning to continue studies at a four-year college or university after AVC should visit the Transfer Resource Center and consult with a counselor as soon as possible to develop a plan of studies.

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.

For an educational plan, please consult with a counselor. To obtain counseling services please call: (661) 722-6300 ext. 6338

Antelope Valley College’s website: [www.avc.edu](http://www.avc.edu)

To contact the Health & Safety Sciences Division, please call: 661-722-6300 ext. 6402

KIN 108A, \*YOGA TEACHER TRAINING 1 -  
YOGIC LIFESTYLE AND YOGA AS A  
HEALING PRACTICE

*Advisory:* Students are advised to have at least 2  
years of regular yoga practice.  
(CSU, AVC)

KIN 108B, \*YOGA TEACHER TRAINING 2 -  
GROSS AND SUBTLE ANATOMY

*Advisory:* Students are advised to have at least 2  
years of regular yoga practice.  
(CSU, AVC)

KIN 108C, \*YOGA TEACHER TRAINING 3 -  
PEDAGOGY: THE ART AND SCIENCE OF  
TEACHING

*Advisory:* Students are advised to have at least 2  
years of regular yoga practice.  
(CSU, AVC)

KIN 108D, \*YOGA TEACHER TRAINING 4 -  
SOCIAL APPLICATIONS OF YOGA

*Advisory:* Students are advised to have at least 2  
years of regular yoga practice.  
(CSU, AVC)

*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  
requisite.