



Yoga Program's
Recommended Course Sequence
2017-18 Catalog Year

The following is a suggested two-year course sequence recommended by the department faculty. Note that pre-requisites for courses are not included in this plan, and it is always advisable to meet with a counselor to ensure you are meeting all current requirements.

Yoga Teacher – Certificate of Performance

First Year

Fall Term		Units	Spring Term		Units	Summer Term		Units
EXSC 145A	Yoga I-Fundamentals of Yoga	0.5-1.0	EXCS 145B	Yoga II- Beginning Yoga	0.5-1.0	EXSC 145C	Yoga III- Intermediate	0.5-1.0
			EXSC 292	Yoga Teacher Training Essentials	3.0			
			EXSC 293	Yoga Training Methodologies	3.0			
<i>Total Units</i>		0.5-1.0	<i>Total Units</i>		6.5-7.0	<i>Total Units</i>		0.5-1.0

Second Year

Fall Term		Units	Spring Term		Units	Summer Term		Units
<i>Total Units</i>		0.0	<i>Total Units</i>		0.0	<i>Total Units</i>		0.0