

Units

0.5-1.0

Fall Term

EXSC 145A Yoga I-Fundamentals of

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

Units

0.5-1.0

Summer Term

EXSC 145C Yoga III- Intermediate

Units

0.5-1.0

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

Spring Term

EXCS 145B Yoga II- Beginning Yoga

Yoga					
S		EXSC 292 Yoga Teacher Training Essentials	3.0		
		EXSC 293 Yoga Training Methodologies	3.0		
Total Units	0.5-1.0	Total Units	6.5-7.0	Total Units	0.5-1.0
		Second Year			
Fall Term	Units	Spring Term	Units	Summer Term	Units
Total Units	0.0	Total Units	0.0	Total Units	0.0
	Fall Term	Total Units 0.5-1.0 Fall Term Units	EXSC 292 Yoga Teacher Training Essentials EXSC 293 Yoga Training Methodologies Total Units Second Year Fall Term Units Spring Term	EXSC 292 Yoga Teacher Training 3.0 Essentials EXSC 293 Yoga Training 3.0 Methodologies Total Units 0.5-1.0 Total Units 6.5-7.0 Second Year Fall Term Units Spring Term Units	EXSC 292 Yoga Teacher Training 3.0 Essentials EXSC 293 Yoga Training 3.0 Methodologies Total Units O.5-1.0 Second Year Fall Term Units Spring Term Units Units Summer Term