

# Yoga Teacher 300-Hour Certificate Program (Yoga Alliance Approved)

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MY COLLEGE  
MY FUTURE

SAN DIEGO  
MIRAMAR  
COLLEGE



# YOGA TEACHER 300-HOUR CERTIFICATE

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The Yoga Teacher 300-hour Certificate of Achievement prepares students to meet the requirements to become a 500-hour Registered Yoga Teacher (RYT) with Yoga Alliance. Complete the Yoga Teacher Training at San Diego Miramar College and save THOUSANDS! This program is completed in one semester.

## **Yoga Teacher 300-Hour Certificate**

The Yoga Teacher 300-hour Certificate of Achievement prepares students to meet the requirements to become a 500-hour registered yoga teacher (RYT) with Yoga Alliance. This advanced training is designed to build upon and deepen the trainee's understanding of the fundamental concepts of teaching yoga obtained in the 200-hour certification. Specifically, this training will aid in enhancing one's ability to cue alignment and anatomy, evaluate and analyze various levels of yoga classes, while obtaining essential and advanced yoga principles. Upon completing the 300-hour certification, one can combine this with his or her 200-hour certification to become a 500-hour RYT with Yoga Alliance.

This program is conducted in Miramar's state of the art fitness facilities, offers students hands on application with well-established yoga professionals, and is completed in only one semester. Miramar yoga graduates have been employed in health clubs, spas, yoga studios, and throughout the entire health and fitness industry. In addition, some have created their own personal yoga business or started their own studio. Students planning to enter the 300-hour Yoga Teacher Training Program are required to be a 200-hour RYT.

Graduates leaving the program feel confident and equipped to be successful yoga teachers in the health and fitness industry.

## **Courses required for the Yoga Instructor (300 Hours) Certificate of Achievement: (12-15 units)**

- EXSC 145 (A-D): Yoga I-IV (2 units) \*Two courses from A, B, C or D
- EXSC 270: Exercise Science Internship/Work Experience (1-4 units)
- EXSC 293A: Yoga Teacher Training Integration (3 units)
- EXSC 293B: Yoga Teacher Training Implementation (3 units)

And Complete at least one of the following courses:

- BUSE 129: Introduction to Entrepreneurship (3 units)
- BUSE 155: Managing the Small Business (3 units)
- BUSE 157: Developing a Plan for the Small Business (3 units)

*\* Two individual EXSC 145 must be taken during the fall, spring, or summer sessions as a 1-unit course to fulfill certification requirements.*

For More Information, please contact:

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Or Visit <https://www.sdmiramar.edu/programs/yoga-teacher>

Other Resources: [www.yogaalliance.org](http://www.yogaalliance.org)

# SAN DIEGO MIRAMAR COLLEGE

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