



Yoga Program's
Recommended Course Sequence
2018 -19 Catalog Year

The follow is a suggested one-semester course sequence recommended by the department faculty. Therefore, this program will be completed in one-semester. 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.

*Currently, this can only be completed in the Spring Semester.

Certificate of Performance – Yoga Teacher

One Semester

		Spring Term	Units		
	EXCS 145(A-	Yoga I-IV	1.0		
	D)	<i>*Only One Course- A,B,C or D</i>			
	EXSC 292	Yoga Teacher Training Essentials	3.0		
	EXSC 293	Yoga Training Methodologies	3.0		
		<i>Total Units</i>	7.0		