Yoga Instructor (300-Hour) Certificate of Achievement

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 Certificate of Performance. 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. Our Yoga Program (300-hour) certification can be completed in one semester.

Apply to San Diego Miramar College - https://www.sdccd.edu/apply/

Once you receive acceptance in to San Diego Miramar College and your CSID, please follow these steps:

1. **Complete the Proof of Prerequisite for your 200-hour RYT certification application form (copy & paste URL):**

   https://www.sdccd.edu/docs/ssdept/forms/Proof%20of%20Prerequisite_Co-requisite.pdf

   Please specifically fill in the following on the document, above:
   Desired Course: EXSC 293A/B
   Prereq/Coreq: EXSC 292A/B and EXSC 145 (200-hour Yoga Alliance Certification)

2. **Submit the Proof of Prerequisite form (above) and attach your 200-hour RYT certification online via:**
   https://www.sdccd.edu/students/forms-and-documents.aspx

   Please watch how to submit forms online . . . Then, please remember to attach both forms (prerequisite and your 200- hour RYT certification).

   - **If you are experiencing any problems or issues, please email:** Counselor Marc Hollman – Mhollman@sdccd.edu or Dr. Matthew Cain – Mcain@sdccd.edu

3. **Once approved, enroll - courses required for the San Diego Miramar College Yoga Teacher (300-Hour) Certificate of Achievement: (12-15 units)**

   - EXSC 145 (A-D) – Yoga I – IV (2 units) *Two total units from two yoga activity courses*
   - EXSC 293A – Yoga Teacher Training Integration (3 units)
   - EXSC 293B – Yoga Teacher Training Implementation (3 units)
   - EXSC 270 – Exercise Science Internship/Work Experience (1-4 units)
     Please select only one BUSE course, below:
   - 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)

In order to enroll in the 300-hour Certification of Achievement Yoga Program, the applicant must have obtained his or her 200-hour RYT Certification (or equivalent).

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<u>During the third week of the first semester, students need to:</u>

4. **Complete the Certificate of Achievement Application form online (copy & paste URL):**

    https://www.sdccd.edu/students/forms-and-documents.aspx

    Scroll down to Counseling/Evaluation/ Graduation Forms section, and select – Apply for Associate Degree or Certificate of Achievement

5. Follow up with Counselor Marc Hollman during the semester (after you send in your application) to confirm your petition to graduate:

*   **Email:** mhollman@sdccd.edu

Note: Official transcripts from all colleges attended (or concurrently attending), approved substitutions and waivers, educational plans, and any other necessary documents **must be on file in the Counseling Office before a student submits Certificate Application form.** Petitions submitted after the semester of completion may be processed in the subsequent semester. Certificates of Performance are processed after final grades are posted at the end of each semester. Please allow 6-8 weeks for certificates to be processed and mailed.

Note: If you have any questions regarding the procedure for Certificate of Achievement, please contact: Counselor Marc Hollman – Mhollman@sdccd.edu or Dr. Matthew Cain – Mcain@sdccd.edu

6. <u>Register with Yoga Alliance as a Registered Yoga Teacher (300-hour): next page.</u>

*In order to receive your RYT-300 Certification through Yoga Alliance, you need to have received approval from the Lead Instructor. If you have any questions, please contact the following:

1. Sofie Blicher – Sblicher@sdccd.edu or Amore St. Ives – Astives@sdcdc.edu
2. Matthew Cain – Mcain@sdccd.edu

Steps for Registering with Yoga Alliance® as a Registered Yoga Teacher (300-Hour)

1. **Create an Account / Access Your Account**
    o   If your Registered Yoga School (RYS®) created an account for you, you should have received an email inviting you to register with Yoga Alliance®, with a link to reset your password and access your account.
    o   Alternately, you can create an account yourself. Enter your basic information (name, email, password) to create a new account.
    o   Either way works and will lead you to Step 2, below!

2. **Submit Your Training Program Information**
    o   From your new account dashboard, click on "Register Now" under Teacher Registration.
    o   Select your desired designation to show the registration Requirements for that designation
    o   Enter your training program details:
        ▪   Select the designation of the training you completed.
        ▪   Enter the start and end date of the training.
        ▪   Identify your RYS. Enter the name of the school where you completed your training. Select your RYS from the list of schools. If you are registering as RYT 500 and your RYS appears as invalid, please confirm whether your school is a RYS 300 or a RYS 500.
        ▪   Upload an electronic copy of your certificate. Browse for your file. The file size of your certificate may be up to 12 MB and must be in an acceptable format (PDF, JPG, GIF or PNG).
        ▪   Send Request. Use the "Send Request" button to submit your Program Confirmation Request to your RYS.
    o   **Enter your teaching hours if applying for RYT 500:**
        ▪   Except for RYT 200, all designations require teaching hours for registration or upgrade. The teaching hour Requirements for the designation you selected will be shown in the teaching hours section. Please note teaching hours must be entered with a start and end date after the completion of your first RYS training program. You can enter teaching hours in groups by date range or class type.

3. **Wait for RYS Confirmation**
    o   Your RYS must confirm that you completed training. When you submit your Program Confirmation Request your RYS will be notified. Once someone from your RYS confirms you completed the school's yoga teacher training program, you will be notified via email and invited to complete your registration.
    o   Pay Fees
        ▪   When you're ready to complete your registration, login to your account to pay your membership fees. Click the green "Pay Now" button to submit payment by credit card or PayPal (we do not accept checks, cash or money orders).

4. **Review Your RYS**
    o   Once your payment has been processed, click the "Review Now" button to complete a survey of your RYS. If you do not complete the review immediately after submitting your payment, you can return to your dashboard and the "Review Now" button will appear. Your registration is not complete until you have filled out a review of your training.

5. **Publish Your Profile**
    o   You must publish your profile in order to appear in the Yoga Alliance Directory. You will be prompted to edit your profile when you complete your review. To edit your profile at a later time, use the My Profile link on your teacher dashboard.
    o   Set your privacy settings to public, including your first and last name.

Note: If you have any questions regarding the Yoga Alliance® procedure, please contact: 1.888.921.9642 or email info@yogaalliance.org