



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 |