



Yoga Program's
Recommended Course Sequence
2019 -20 Catalog Year

The following is a suggested one-semester course sequence recommended by the department faculty. **Therefore, this program can be completed in either the Fall or Spring 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.

Certificate of Performance – Yoga Teacher

One Semester

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