

DO YOUR DREAM
Yoga Teacher Training
 Diploma Program
 200 Classroom Hours – 6.75 Credits
 7 months

Date	Code	Course	Hours	Credit
_____	YO 101	Yoga – Module I – Foundations	54	2.00
_____	YO 102	Yoga – Module II – Deepening Your Practice Both as a Student and Teacher	54	2.00
_____	YO 103	Yoga – Module III – The Teaching Path	52	2.00
_____	YO 109	Yoga – Practicum	20	0.25
		Electives	20	0.50
		TOTAL	200	6.75

Approved for Primary Specialty in MT 750, MT 1000, Mind-Body Transformational Psychology and Holistic Health Care AOS Degrees.

Student _____

Advisor _____

Date _____

