

Yoga Teacher Training - Noncredit Certificate of Completion

Program Description: The Yoga Teacher Trainer Certificate of Completion provides students the knowledge, skills and experience across the 12 Yoga competencies: Asana (yoga poses) Anatomy, History, Teaching methodology, Pranayama (Breathing) Physiology, Philosophy, Professional Development, Meditation, Biomechanics, Ethics, Teaching Practicum.

Program SLO: Students will be able to design and demonstrate safe and effective yoga classes for a variety of populations in alignment with the Yoga Alliance philosophy and standards of practice.

Important Information:

For students interested in exploring other free noncredit courses through the COC School of Personal and Professional Learning please visit <https://www.canyons.edu/free> for an up to date list of course offerings and schedules.

For students interested in exploring credit courses and/or earning an Associate's degree and/or transfer, please follow up with the Counseling Office for additional information @ <https://www.canyons.edu/counseling> or (661) 362-3288/(661)362-3811.

Courses are sequenced based on recommendations by the [School of Personal and Professional Development](#).

First Semester (20-255 hours)

FA = Fall; WI = Winter; SP = Spring; SU = Summer

| Course | Title | Hours |
|-------------|--|----------------|
| NC.YOGA 001 | Yoga History and Culture (FA, SP) | 20-25 |
| NC.YOGA 002 | Yoga Techniques I (Theory and Practice) (FA, SP) | 50-60 |
| NC.YOGA 003 | Yoga Techniques II (Practice and Training) (FA, SP) - Starting Spring 2023 Prerequisite NC.YOGA 002 & NC.YOGA 002 | 50-60 |
| NC.YOGA 004 | Yoga Teacher Training (FA, SP) Prerequisite NC.YOGA 003 | 40-50 |
| NC.YOGA 005 | Yoga Teacher Training Practicum (FA, SP) Prerequisite NC.YOGA 004 | 40-60 |
| | Total Hours: | 200-255 |

Students who are not enrolled as credit or noncredit students will need to complete an application through Enrollment Services for School of Personal and Professional Learning. To enroll, go to www.canyons.edu/freeclasses and click on the "Applicants" tab.

Resources

School of Personal and Professional Learning: Yoga

<https://www.canyons.edu/academics/schools/ppl/yoga.php>

School of Personal and Professional Learning: www.canyons.edu/free

Enrollment Services (SPPL): <https://www.canyons.edu/freeclasses>

Counseling Department Website: www.canyons.edu/counseling

Employment Center Website: <https://www.canyons.edu/student-services/employmentcenter/index.php>

Certificate Request Form – Students must request their certificate once they completed all courses needed to earn a certificate. Before submitting a Certificate Request, please do the following: 1.) Know your 7 digit COC student ID number. 2.) Verify the certificate title and courses required. Browse the menu of certificate subject images on this webpage to find certificate titles and requirements. 3) Check you have completed all courses required with a "P" (passing) grade. Certificate request forms must be submitted through the School of Personal and Professional Learning website at www.canyons.edu/free