

# Certificate: Yoga Instructor 24-25



## ABOUT THIS MAJOR

The Yoga Instructor certificate program prepares individuals to safely and effectively teach yoga to individuals and in group settings. This coursework includes training and teaching methodology for asana (physical poses), pranayama (breath work), and meditation. Included in the curriculum is study in the physical and subtle anatomy, yogic philosophy and lifestyle, teaching methods and ethics, and English and Sanskrit terminology. Completion of this program prepares students for employment in yoga studios, health and fitness clubs, health care facilities, as well as for self-employment as yoga instructors. It is also designed for those who want to add yoga techniques to their existing professional portfolios, as in the case for personal trainers, body workers, caregivers, therapists and teachers in other disciplines. Upon completion of the program the successful student will be able to register with Yoga Alliance at the 200-Hour Yoga Teacher Training level. For more information, visit the [Athletics and Kinesiology](#) division.

**TO EARN A Certificate A STUDENT MUST COMPLETE THE FOLLOWING:**

- [1] Completion of Major & Program Electives Courses
- [2] Minimum grade point average of 2.0
- [3] A C or better in all courses required for the major

### Certificate- Yoga Instructor [Total Units 12]

Required Courses (12 units)	
KINT240 - Yoga Teacher Training 1—Yogic Lifestyle and Yoga as a Healing Practice	3
KINT241 - Yoga Teacher Training 2—Gross and Subtle Anatomy	3
KINT242 - Yoga Teacher Training 3—Pedagogy: The Art and Science of Teaching	3
KINT243 - Yoga Teacher Training 4—Social Applications of Yoga	3

## RECOMMENDED PATHWAY Certificate- Yoga Instructor

The Recommended Plan of Study is determined by the discipline faculty.

- Take classes in Summer or Intersession if needed to complete your degree in a timely manner
- Fall/Spring: Max 19 units, 12-15 units Recommended.
- This is a certificate only program, currently no associated degree offered.

TERM 1	
Course	Units
KINT 240	3
KINT 241	3
Total Units	6

TERM 2	
Course	Units
KINT 242	3
KINT 243	3
Total Units	6

### COUNSELING NOTE SECTION

**Prerequisite:** If a course is listed as a prerequisite for another course, that prerequisite course must be completed with a satisfactory grade to enroll in the next course. A satisfactory grade is a grade of "A," "B," "C" or "P". Students who enroll in classes for which they do not meet the prerequisites will be involuntarily dropped. Students will be notified of this involuntary drop. Title 5, Section 55200(d)

AVC 24-25 CATALOG: [ACADEMIC POLICIES](#)

#### INFORMATION and RESOURCES

<a href="#">Tutoring Assistance</a>	<a href="#">Career Center</a>	<a href="#">AVC Student Health Services</a>
<a href="#">Transfer Center</a>	<a href="#">Office of Students with Disabilities</a>	<a href="#">Palmdale Center</a>
<a href="#">Basic Needs</a>	<a href="#">Financial Aid</a>	<a href="#">Counseling Division</a>

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