

YOGA INSTRUCTOR TRAINING, CERTIFICATE OF COMPLETION

Banner Code: 1_NCJ_YOG

Control Number: 36374

Not Financial Aid Eligible

Orange Coast College's Yoga Instructor 200-hour certification training provides students with the fundamentals required to teach yoga to a variety of levels and abilities. This program meets the requirements for Yoga Alliance, a professional membership and trade association, to become a registered yoga teacher (RYT). The Yoga Instructor Training program features an inclusive curriculum that focuses on philosophy, anatomy, theory, practice, and teaching. Once completed, the student is prepared for employment in health clubs, spas, yoga/dance studios, hospitals, the health industry, and self-employment as private yoga instructor. Students need to have completed KIN A128 Hatha Yoga - Level I, KIN A228 Hatha Yoga Level II or have prior yoga/movement experience before enrollment.

Program Outcomes

1. Properly instruct a yoga class for all levels and abilities including the use of prop, utilizing themes and yoga philosophy to enhance classes.
2. Understand the history and evolution of yoga.
3. Satisfy the 200 hour requirement to qualify for the Yoga Alliance 200-Hour certification.

Certificate of Completion

A certificate leading to improved employability or job opportunities.

For more information regarding noncredit, please visit <https://orangeoastcollege.edu/academics/adult-education/index.html> (<https://orangeoastcollege.edu/academics/adult-education/>)

| Course | Title | Hours |
|-------------------------|----------------------------|------------|
| Required Courses | | |
| KIN A084N | Theory of Yoga Noncredit | 54 |
| KIN A085N | Yoga Methodology Noncredit | 90 |
| Total Hours | | 144 |