



UNM-Taos 200-hour Yoga Teacher Training Curriculum

This 200-hour Yoga Teacher Training Curriculum, revised in 2021, has been approved by Yoga Alliance. Students may choose to take this training on its own or as part of the Holistic Health and Healing Arts (HHHA) Certificate. Classes take place in the Movement Studio (Room 128) at Rio Grande Hall on Civic Plaza.

Students must take these 5 3-credit classes, all of which include both discussion and physical yoga practices.

Required Courses	UNM Credit Hours and Yoga Alliance Contact Hours	Instructor
HHHA 263 Yoga & Psychology of Chakras	3 credits (45 contact, 20 non-contact hours) Students read Anodea Judith's <i>Eastern Body, Western Mind</i> and reflect on their own wellbeing, chakra by chakra. Students share their discoveries in discussions, essays, and class presentations. Instructor-led yoga sequences facilitate an awareness of the energetic centers of the body.	Burke
HHHA 262 Myofascial Yoga & Anatomy Trains	3 credits (45 contact, 20 non-contact hours) Students refer to Tom Myers' textbook <i>Anatomy Trains</i> and Segarra's book <i>Myofascial Yoga</i> to learn about anatomy with a focus on fascia. Gentle, instructor-led practices guide students toward greater self-awareness.	Segarra
HHHA 104 Hatha Yoga	3 credits (45 contact, 20 non-contact hours) Students discuss philosophy and ethics through the lens of Patanjali's <i>Yoga Sutras</i> . Practices led by instructors and by students build familiarity with essential, accessible poses.	Burke
HHHA 120 Yoga Styles and Safety	3 credits (45 contact, 20 non-contact hours) Students explore the keys to several yoga styles (such as vinyasa, hatha, restorative, gentle) and have the chance to develop practices for themselves and others in those styles. Many dimensions of safety are emphasized throughout, including its relationship to cuing and sequencing. The different expectations of different yoga environments, a yoga instructor's scope of practice, and yoga careers are also considered.	Burke
HHHA 121 Yoga for Common Conditions	3 credits (45 contact, 20 non-contact hours) Reading from the book of the same name that Burke co-authored for <i>Yoga International</i> , students learn how to create practices that are safe and helpful for those with underlying conditions. Along the way, students learn approaches that are beneficial for all. Anatomy and biomechanics are explored through discussion and movement. Inclusivity and accessibility are themes in this class.	Burke

Total = 15 credit hours (225 contact hours and 100 non-contact hours = 325 hours of training).