



University of New Mexico-Taos Certificate in Holistic Health and Healing Arts

The Certificate in Holistic Health and Healing Arts (HHHA) is a gateway program for further study or careers in healing arts fields. It familiarizes students with various approaches to integrate body, mind, and spirit and supports them in developing the self-awareness to examine lifestyle choices and their impact on wellbeing. Our classes span a spectrum of modalities, all promoting self-healing, longevity, and vitality.

The 30-credit HHHA certificate can be completed in one year, and students may begin any semester classes are offered. There are two main tracks: students can study a range of healing modalities with the HHHA concentration, or they can focus more exclusively on yoga via the 200-Hour Yoga Teacher Training Concentration.

UNM-Taos reserves the right to make necessary changes as needed. *Students should consult with an advisor prior to enrollment.*

General Education Requirements	3 credit hours
<i>Choose 3 credit hours from the UNM General Education Core Curriculum (Area 1-7) or use FYEX 1110.</i>	
Core Requirements	9 credit hours
Holistic Health and Healing Arts (HHHA) 101 Introduction to Healing Arts Holistic Health and Healing Arts (HHHA) 102 Meditation, Consciousness and Self-Healing Nutrition (NUTR) 1110 Nutrition for Health	
Concentration <i>Choose one concentration area</i>	18 credit hours
Holistic Health and Healing Arts Concentration <i>Choose eighteen (18) credit hours from the following:</i> HHHA 104 Hatha Yoga (3) HHHA 105 Tai Ji-Qigong (3) HHHA 106 Introduction to Massage (1-3) HHHA 110 Yoga for Wellness (3) HHHA 116 Introduction to Oriental Medicine (3) HHHA 117 Dreams, Visions and Art Making/Imagery as a Healing Tool (3) HHHA 118 Ayurveda (1-3) HHHA 120 Yoga Styles and Safety (3) HHHA 121 Yoga for Common Conditions (3) HHHA 146 Reiki I (3) HHHA 147 Reiki II (3)	

HHHA 148 Introduction to Homeopathy (3)
HHHA 149 Introduction to Herbology (3)
HHHA 150 16 Weeks to Personal Wellness (3)
HHHA 155 Integrative Health Coaching (3)
HHHA 202 Meditation and the Creative Arts (3)
HHHA 262 Yoga and Anatomy Trains (3)
HHHA 263 Yoga and Psychology of Chakras (3)
HHHA 293 Various Topics (1-3)
MAS 265 Cranial Sacral I (1-3)

Yoga Teacher Training Concentration

Required:

HHHA 104 Hatha Yoga (3)
HHHA 120 Yoga Styles and Safety (3)
HHHA 121 Yoga for Common Conditions (3)
HHHA 262 Yoga and Anatomy Trains (3)
HHHA 263 Yoga and the Psychology of Chakras (3)

Elective: Choose three (3) credit hours from HHHA course offerings.

TOTAL CREDIT HOURS REQUIRED 30