



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

The Certificate in Holistic Health and Healing Arts is designed as a gateway program to familiarize students with careers in holistic health, healing arts and integrative healthcare. Students develop self-awareness and consciousness relative to the integration and balance of body, mind and spirit. This program supports students in developing a capacity to examine lifestyle choices and their impact on health. The primary focus is on self-care and learning and practicing approaches that support self-healing, promote longevity, and optimal health.

The Certificate program in Holistic Health and Healing arts prepares students for further study in holistic health related careers.

**UNM-Taos reserves the right to make necessary changes as needed.**

<p><b>General Education Requirements</b></p> <p><i>Choose 3 credit hours from the UNM Core Curriculum Worksheet (Area 1-7)..</i></p>	<p><b>3 credit hours</b></p>
<p><b>Core Requirements</b></p> <p>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) 120 Nutrition for Health</p> <p align="center"><b>and</b></p> <p><i>Choose one course from the following movement courses:</i>              Holistic Health and Healing Arts (HHHA) 103 Kundalini Yoga</p> <p align="center"><b>or</b></p> <p>Holistic Health and Healing Arts (HHHA) 104 Hatha Yoga</p> <p align="center"><b>or</b></p> <p>Holistic Health and Healing Arts (HHHA) 105 Tai Chi</p> <p>or approved substitute</p>	<p><b>12 credit hours</b></p>
<p><b>Concentration</b> <i>Choose one concentration area</i></p> <p><b>Holistic Health and Healing Arts Concentration</b>  <i>Choose fifteen (15) credit hours from the following:</i>              HHHA 103 Kundalini Yoga (3)              HHHA 104 Hatha Yoga (3)              HHHA 105 Tai Ji-Qigong (3)              HHHA 106 Introduction to Massage (1-3)              HHHA 116 Introduction to Oriental Medicine (3)              HHHA 117 ___Dreams, Visions and Art Making/Imagery as a Healing Tool (3)              HHHA 118Ayurveda (1-3)              HHHA 131 Arts and Healing I (3)              HHHA 146 Reiki I (3)              HHHA147 Reiki II (3) HHHA 201 Sacred Ceremony (3)              HHHA 202 Meditation and the Creative Arts (3)</p>	<p><b>15 credit hours</b></p>

HHHA 229 Aikido: Sword/Staff or Life Giving Sword: Healing and the Way of the Warrior (3)  
HHHA 231 Art and Healing II (3)  
MAS 265 Cranial Sacral I (1)  
HHHA148 Introduction to Homeopathy (3)  
HHHA 149 Introduction to Herbology (3)  
HHHA 293 Various Topics (1-3)  
HHHA 155 Integrative Health Coaching (3)  
HHHA 150 16 Weeks to Personal Wellness (3)

**Yoga Teacher Training Concentration**

***Required:***

HHHA141 Yoga Ethics (1)  
HHHA142 Yoga Therapy I (1)  
MAS 264 Yoga & Myofascial Body (1)

*Must take two (2) out of the following three (3) courses:*

HHHA143 Yoga Therapy Teacher Training Core (3) MAS 262 Yoga & Anatomy Trains (3) MAS 263 Yoga & Psychology of Chakras (3)

*Choose six (6) credits from the following :*

HHHA144 Yoga Therapy II (1)  
HHHA 103 Kundalini Yoga 3  
HHHA 104 Hatha Yoga 3  
HHHA 118 Ayurveda (1-3) HHHA 293 Various Topics (1-3)

**TOTAL CREDIT HOURS 30**



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NAME: \_\_\_\_\_

BANNER ID: \_\_\_\_\_

PROGRAM ENTRY DATE: SEM \_\_\_\_\_/YEAR \_\_\_\_\_

**General Education Requirements -3 credit hours**

Course	Subject	CR HR	Grade	Semester
		3		

**Core Requirements-12 credit hours**

		3		
		3		
		3		
		3		

**Concentration -15 credit hours**

		3		
		3		
		3		
		3		
		3		

**TOTAL CREDIT HOURS REQUIRED: 30**