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.**

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<table>
<thead>
<tr>
<th>General Education Requirements</th>
<th>3 credit hours</th>
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<tbody>
<tr>
<td><em>Choose 3 credit hours from the UNM Core Curriculum Worksheet (Area 1-7).</em></td>
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<thead>
<tr>
<th>Core Requirements</th>
<th>12 credit hours</th>
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<tbody>
<tr>
<td>Holistic Health and Healing Arts (HHHA) 101 Introduction to Healing Arts</td>
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<tr>
<td>Holistic Health and Healing Arts (HHHA) 102 Meditation, Consciousness and Self-Healing</td>
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<tr>
<td>Nutrition (NUTR) 120 Nutrition for Health</td>
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<td><em>and</em></td>
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<td><em>Choose one course from the following movement courses:</em></td>
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<td>Holistic Health and Healing Arts (HHHA) 103 Kundalini Yoga</td>
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<tr>
<td>Holistic Health and Healing Arts (HHHA) 104 Hatha Yoga</td>
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<td>or</td>
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<td>Holistic Health and Healing Arts (HHHA) 105 Tai Chi</td>
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<td>or approved substitute</td>
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**Concentration Choose one concentration area**  

**Holistic Health and Healing Arts Concentration**  
*Choose fifteen (15) credit hours from the following:*
- 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 118 Ayurveda (1-3)
- HHHA 131 Arts and Healing I (3)
- HHHA 146 Reiki I (3)
- HHHA 147 Reiki II (3)
HHHA 201 Sacred Ceremony (3)
HHHA 202 Meditation and the Creative Arts (3)
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)
HHHA 148 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**