



**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.** *Students should consult with an advisor prior to enrollment.*

<p>General Education Requirements</p> <p><i>Choose 3 credit hours from the UNM Core Curriculum Worksheet (Area 1-7).</i></p>	<p>3 credit hours</p>
<p>Core Requirements</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) 1110 Nutrition for Health</p> <p align="center"><i>and</i></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">or</p> <p>Holistic Health and Healing Arts (HHHA) 104 Hatha Yoga</p> <p align="center">or</p> <p>Holistic Health and Healing Arts (HHHA) 105 Tai Ji-Oigong</p> <p>or approved substitute</p>	<p>12 credit hours</p>
<p><u>Concentration</u> <i>Choose one concentration area</i></p> <p>Holistic Health and Healing Arts Concentration <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 118 Ayurveda (1-3) HHHA 131 Arts and Healing I (3) HHHA 146 Reiki I (3)</p>	<p>15 credit hours</p>

HHHA147 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)
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:

HHHA 262 Yoga & Anatomy Trains
HHHA 263 Yoga & Psychology of Chakras
HHHA 118 Ayurveda

Choose two courses from the following (cannot use course taken to fulfill HHHA Core requirements):

HHHA 103 Kundalini Yoga
HHHA 104 Hatha Yoga
HHHA 105 Tai Ji-Oigong

TOTAL CREDIT HOURS REQUIRED 30



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

NAME: _____ BANNER ID: _____ PROGRAM ENTRY DATE: ____/____/____

General Education - 3 credit hours

Course	Subject	CR HR	Grade	Semester
		3		

HHHA Core Requirements – 12 credit hours

HHHA 101	Introduction to Healing Arts	3		
HHHA 102	Meditation, Consciousness & Self Healing	3		
NUTR 1110	Nutrition for Health	3		
		3		

HHHA Concentration – 15 credit hours

TOTAL CREDIT HOURS 30