



**UNM-Taos 200-hour Yoga Teacher Training Curriculum**

**Revised Course Requirements for 2020**

This 200-hour Yoga Teacher Training Curriculum 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. The yoga concentration of the HHA certificate requires additional courses.

All classes take place in the Movement Studio (Room 128) at Rio Grande Hall on Civic Plaza.

<b>Required Courses</b>	<b>UNM Credit Hours and Yoga Alliance Contact Hours</b>	<b>Instructor, Semester</b>
HHHA 263 Yoga & Psychology of Chakras	3 credits (45 contact, 20 non-contact hours) <i>Techniques, Training and Practice (25), Teaching Methodologies (5), Anatomy &amp; Physiology (10), Practicum (5)</i>	Burke - Fall
HHHA 262 Yoga & Anatomy Trains	3 credits (45 contact, 20 non-contact hours) <i>Techniques, Training and Practice (25), Teaching Methodologies (5), Anatomy &amp; Physiology (10), Practicum (5)</i>	Segarra-Spring
HHHA 104 Hatha Yoga	3 credits (45 contact, 20 non-contact hours) <i>Yoga Philosophy, Lifestyles and Ethics (30), Teaching Methodologies (15)</i>	Stewart - Fall
HHHA 293 Yoga Styles, Sequences, and Safety  <i>(Substituting for HHA103 Kundalini Yoga, not currently offered)</i>	3 credits (45 contact, 20 non-contact hours) <i>Techniques, Training and Practice (45)</i>	Burke- Spring
HHHA 115 Ayurveda	3 credits (45 contact, 20 non-contact hours) <i>Yoga Philosophy, Lifestyles and Ethics (20), Electives (25)</i>	Shaw - Fall or Spring

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

**Students may choose to take additional electives in the HHA certificate to increase total training hours.**