



**University of New Mexico Taos
Proposed 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 HSHA 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 HSHA 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.*

<p>General Education Requirements</p> <p><i>Choose 3 credit hours from the UNM General Education Core Curriculum (Area 1-7) or use FYEX 1110.</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>9 credit hours</p>
<p><u>Concentration</u> <i>Choose one concentration area</i></p> <p>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)</p>	<p>18 credit hours</p>

HHHHA148 Introduction to Homeopathy (3)
 HHHHA 149 Introduction to Herbology (3)
 HHHHA 150 16 Weeks to Personal Wellness (3)
 HHHHA 155 Integrative Health Coaching (3)
 HHHHA 202 Meditation and the Creative Arts (3)
 HHHHA 262 Yoga and Anatomy Trains (3)
 ** (Form B)** (Form B)** (Form B)HHHA 263 Yoga and Psychology of Chakras (3)
 HHHHA 293 Various Topics (1-3)
 MAS 265 Cranial Sacral I (1-3)

Yoga Teacher Training Concentration

Required:

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

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

TOTAL CREDIT HOURS REQUIRED 30



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

General Education - 3 credit hours

Course	Subject	CR HR	Grade	Semester
		3		

HHHA Core Requirements – 9 credit hours

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

HHHA Concentration – 18 credit hours

		3		
		3		
		3		
		3		
		3		
		3		

TOTAL CREDIT HOURS 30