

Student Name:

Banner ID:

Advisor Name:

Date:



## University of New Mexico Taos Certificate in Holistic Health and Healing Arts (HHHA)

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 changes as needed. Students should consult with an advisor prior to enrollment**

### General Education

One course from Areas I-VI of the UNM approved General Education list **or** FYEX 1110. The General Education list is available at <https://gened.unm.edu/>.

Course	Course Title	Credit	Grade	Semester
		3		

### Required Core – 9 Credits

Course	Course Title	Credit	Grade	Semester
HHHA 101	Introduction to Healing Arts	3		
HHHA 102 or 202	Meditation, Consciousness and Self-Healing or Meditation and Creative Arts	3		
NUTR 1110	Nutrition for Health	3		

**Concentration** *Choose one concentration area*

**16-18 credit hours**

### Holistic Health and Healing Arts Concentration

**Choose eighteen (18) credits from the following:**

- HHHA 102 Meditation, Consciousness and Self-Healing (3)
- HHHA 104 Hatha Yoga (3)
- HHHA 105 Tai Chi and Qigong (3)
- HHHA 106 Introduction to Massage (1-3)
- HHHA 110 Yoga for Wellness (1)
- HHHA 111 Meditation for Wellness (1)
- HHHA 116 Introduction to Chinese 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 Healing I (3)
- HHHA 147 Reiki Healing II (3)
- HHHA 148 Introduction to Homeopathy (3)
- HHHA 149 Introduction to Herbology (3)
- HHHA 153 Integrated Mental Health (3)

- HHHA 155 Integrative Health Coaching (3)
- HHHA 201 Sacred Ceremony: Poems, Prayers, Rituals and Practices from Around the World (3)
- HHHA 202 Meditation and the Creative Arts (3)
- HHHA 262 Yoga and Anatomy Trains (1-3)
- HHHA 263 Yoga and Psychology of Chakras (3)
- HHHA 293 Topics (1-3)
- MAS 265 Cranial Sacral I (1-3)

Course	Course Title	Credit	Grade	Semester

**Yoga Teacher Training Concentration (16-18 credits)**

***Required:***

- HHHA 104 Hatha Yoga (3)
- HHHA 120 Yoga Styles and Safety (3)
- HHHA 121 Yoga for Common Conditions (3)
- HHHA 262 Yoga and Anatomy Trains (1-3)
- HHHA 263 Yoga and the Psychology of Chakras (3)

***Required:*** Three to five (3-5) credits from HHHA course offerings.

Course	Course Title	Credit	Grade	Semester

**GRAND TOTAL CREDITS: 28-30**