

# Traditional Eastern Arts Certificate– Yoga Teacher Training

The Traditional Eastern Arts Certificate–Yoga Teacher Training program is a two-year, 30-credit program designed to give the student proficiency in teaching yoga (18 credits), a foundation of sitting meditation (3 credits), anatomy (3 credits), language study (3 credits), and one elective (3 credits). For details on costs, please see [tuition and fees](#).

## Required Courses

- TRA133 Yoga I: Foundations (3)
- TRA233 Yoga II: Psychology of the Chakras (3)
- TRA333 Yoga III: Integral Practice (3)
- TRA433 Yoga IV: Yoga Teacher Training (3)
- TRA449 Yoga V: Yoga Teacher Training (3)
- TRA453 Yoga History, Theory, and Philosophy (3)
- TRA463 Meditation in Yogic and Tantric Traditions: A Practicum (3)
- PSYB332 Human Anatomy (3)
- REL355 Introductory Sanskrit: The Language of the Gods (3)

Choose 3 credits:

- PSYB304 Somatic Intelligence: The Neuroscience of Our Body-Mind Connection (3)
- REL210 Religion & Mystical Experience (3)
- REL247 Embodying Sacred Wisdom: Modern Saints (3)
- REL277 Sanskrit I (4)
- REL334 Hindu Tantra (3)
- REL351 Theories of Alternative Spiritualities and New Religious Movements (3)
- TRA100 Shambhala Meditation Practicum (3)
- TRA114 Indian Devotional and Raga Singing (3)

## Total Credits: 30

For information about careers related to a Traditional Eastern Arts Certificate–Yoga Teacher Training, we are providing the name and the U.S. Department of Labor’s Standard Occupational Classification (SOC) code of the occupations for which the certificate program prepares its students. We have added a link to occupational profiles on the U.S. Department of Labor’s O\*NET website.

Occupation name and SOC code: Self-Enrichment Education Teachers, O\*NET link for occupational profiles: <http://www.onetcodeconnector.org/ccreport/25-3021.00>