

# Traditional Eastern Arts Certificate – Yoga Teacher Training

The Yoga Studies certification program is a two-year, 30-credit program designed to give the student proficiency in teaching yoga (18 credits), a foundation of sitting meditation (6 credits) and anatomy (3 credits), and one elective (3 credits). For details on costs, please see [tuition and fees](#). This program is open to those who already have completed a minimum of 60 semester credits.

## Required Courses

- TRA100 Shambhala Meditation Practicum (3)
- 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 Yoga Meditation Practicum (3)
- PSYB100 Anatomy (3)

Choose one of the following courses:

- TRA114 Indian Devotional and Raga Singing (3)
- REL330 Contemplative Hinduism (3)
- REL334 Hindu Yoga-Tantra (3)

## TOTAL CREDITS 30

For information about careers related to a certificate in Contemplative Martial Arts, 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>