

YOGA INSTRUCTOR 200 HOUR CERTIFICATE OF SPECIALIZATION



The Yoga Instructor 200hr Certificate prepares students to meet the Yoga Alliance standard for Registered Yoga Teacher (RYT 200) certification.

The program provides foundational knowledge in anatomy, physiology, alignment principles, and yoga philosophy, integrating both English and Sanskrit terminology. Students gain practical experience in sequencing, cueing, and adapting yoga practices for diverse populations. Completion of the program prepares students for employment in yoga studios, fitness centers, and community wellness settings, or for self-employment as yoga instructors.

Program Learning Outcomes

Upon successful completion of this program, students will be able to:

1. Design and lead inclusive, safe, and well-sequenced yoga classes that integrate proper alignment, modifications, and effective communication techniques.
2. Apply foundational knowledge of anatomy, physiology, and body mechanics to support functional movement and mindful practice.
3. Integrate core concepts of yoga philosophy, history, and ethics into personal practice and professional teaching.
4. Demonstrate competency in guiding pranayama, meditation, and mindfulness practices to promote self-awareness and balance.
5. Exhibit professionalism and reflective teaching skills consistent with Yoga Alliance standards for a Registered Yoga Teacher (RYT-200).

Certificate Requirements

Code	Title	Units
ES-028A	Beginning Yoga	1.5
ES-280	Yoga Teacher Training Foundation	3
ES-281	Yoga Teacher Training Cultivation	3
Total Units		7.5

Certificate of Specialization

Students who complete the requirements above qualify for a certificate in that area of emphasis. An official request must be filed with the Admissions and Records Office prior to the deadline as stated in the Academic Calendar.