

# Yoga Teacher Certificate Program

(Yoga Alliance Approved)

200-hour Certificate of Performance

MY DREAM  
MY COLLEGE  
MY FUTURE

SAN DIEGO  
MIRAMAR  
COLLEGE



# YOGA TEACHER 200-HOUR CERTIFICATE

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- The Yoga Teacher 200-hour Certificate of Performance prepares students to meet the requirements for becoming a 200-hour Registered Yoga Teacher (RYT) with Yoga Alliance.
- Complete the Yoga Program in ONLY ONE SEMESTER!
- Save over \$2,000.00 in comparison to other 200-hour Yoga Certification Programs!
- We also offer a 300-hour Teacher Training Yoga Program.

## Yoga Teacher Certificate

The Certificate of Performance prepares students to meet the requirements to become a 200-hour Registered Yoga Teacher (RYT) with Yoga Alliance. The program is thorough and comprehensive, including a broad background of yoga's essential elements. This program includes history and philosophy, anatomy and physiology, proper sequencing, alignment principles, experience in a variety of yoga styles, and hands on practical experience.

This program is conducted in Miramar's state of the art fitness facilities, offers students hands on application with well-established yoga professionals, and is completed in only one semester. Miramar yoga graduates have been employed in health clubs, spas, and yoga studios, and started their own yoga businesses.

Graduates leaving the program feel confident and equipped to be successful yoga teachers in the health and fitness industry.

## Courses required for the Yoga Instructor (200 Hours) Certificate of Performance: (7 units)

- EXSC 145 (A-D) – Yoga I – IV (1 unit) \* Only one course from A, B, C or D
- EXSC 292A – Yoga Teacher Training Essentials (3 units)
- EXSC 292B – Yoga Training Methodologies (3 units)

*\* EXSC 145 must be taken during the fall, spring, or summer sessions as a 1-unit course to fulfill certification requirements.*

For More Information, please contact:

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Or Visit <https://www.sdmiramar.edu/programs/yoga-teacher>

Other Resources: [www.yogaalliance.org](http://www.yogaalliance.org)

# SAN DIEGO MIRAMAR COLLEGE

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