

ASSOCIATE OF APPLIED SCIENCE
YOGA TEACHER

(ASSOCIATE DEGREE COMPLETION PROGRAM)



PACIFIC COLLEGE
of HEALTH AND SCIENCE

AAS YOGA TEACHER PROGRAM

OVERVIEW



AAS Completion Program: 25.5 credits + CPR



Financial aid for those who qualify



Transfer credits from accredited massage schools or other eligible healthcare programs



Unique selection of electives



Pacific College is accredited by WSCUC



Includes credits transferable towards Pacific College's Bachelor in Public Health Education & Promotion (BS-PHEP), Master's in Health and Human Performance (MS-HHP), or Doctor in Acupuncture and Chinese Medicine (DACM)

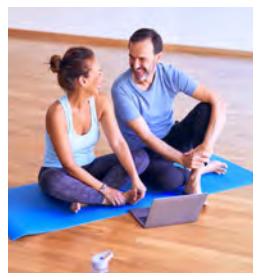
BUILD UP YOUR CREDENTIALS & EARN A YOGA TEACHER CERTIFICATION WITH AN ASSOCIATE DEGREE FROM PACIFIC COLLEGE!

According to a recent study by Yoga Journal, **20 million Americans practice yoga**, and this number is steadily growing. In order to meet that demand, many local yoga studios offer teacher training programs. However, not all programs are created equal.

Why Study Yoga at Pacific College?

Pacific College's Associate of Applied Science (Yoga Teacher) is an **accredited program** that offers students the opportunity to learn and practice the art of teaching yoga in great depth, while also being eligible to receive **financial aid**. This comprehensive curriculum provides in depth training in all aspects of the yogic sciences including Yoga Poses (Asana), Breathwork (Pranayama), Ethics (Yamas & Niyamas), Health & Wellness (Ayurveda), and Meditation (Dharana & Dhyana).

The practice and science of yoga fits well within the **mission** of Pacific College of Health and Science. Enrolling in any program at Pacific College offers students a unique opportunity to also acquire a powerful understanding of **eastern medical theory** and the skills of **body therapy**, blended in all of our curricula.



Furthermore, the practice and instruction of yoga articulates perfectly with the **massage certificate** offered at the San Diego campus, which can be combined with this AAS program. By applying manual therapy and acupressure in combination with traditional yoga postures, graduates can accelerate the results of yoga practice.

The program is accredited by the top accrediting and certification bodies in the nation including: Western Association of Schools and Colleges Senior College and University Commission (WSCUC), California Bureau for Private Postsecondary Education (BPPE) and certification from Yoga Alliance (pending), making the PCHS program the most highly accredited program available in the region.

Upon graduation, you will be prepared for employment in health clubs, spas, resorts, yoga studios, and private practice as a yoga instructor and massage therapist.





11 COURSES

YOGA HISTORY AND PHILOSOPHIES: YOGA100 (3 DIDACTIC UNITS)

This course will take students on a journey from the ancient shamanic roots of yoga all the way to its modern styles and schools. An in-depth exploration of the philosophies and schools of thought at the foundation of all forms of yoga will be discovered through key historical texts such as the Upanishads, Yoga Sutras, and Vedas. Students will also learn about influential historical

figures in the world of yoga and come to understand how Patanjali systematized the philosophy of yoga through his teaching on the 8 Limbs.

COURSE LEARNING OUTCOMES

1. Characterize Patanjali's *Yoga Sutras*.
2. Describe origins of yoga and the application of ancient teachings for modern living.
3. Introduce the major concepts found in classical teaching and the texts of yoga.
4. Explain Patanjali's 8 Limbs of yoga.





YOGA: ASANAS, ALIGNMENTS, AND ADJUSTMENTS: YOGA110 (2 LAB UNITS)

A yoga instructor's ability to safely and accurately guide students through the various yoga poses or asanas is vitally important. In this course, students will learn a variety of asanas and how to safely and appropriately teach them, as well as how and when to modify them. Students will learn how to use verbal and visual cues as well as hands on adjustments to assist students in achieving safety and comfort. Students will also learn self-assessment skills, improving the ability to observe misalignments in the body and implement appropriate physical assists and adjustments.

COURSE LEARNING OUTCOMES

1. Assess possible limitations of clients during intake interview.
2. Demonstrate appropriate verbal and physical assists during a yoga session.
3. Assess and safely adjust client's misalignments during a yoga session.
4. Demonstrate and safely practice a variety of seated, standing, reclining, revolving, and inverted yoga asanas.

AYURVEDA AND YOGA LIFESTYLE

YOGA130 (3 DIDACTIC UNITS)

Often referred to as the sister science of yoga, Ayurveda is a powerful system of health and wellness for body, mind, and spirit. This course offers students an overview of Samkhya philosophy, a brief history of Ayurveda, and introduces the structure and function of Ayurvedic doshas (the body-mind constitutions), including states of balance and imbalance and their role in creating health and wellness. The importance of Ayurvedic wellness techniques, including daily routine, breathing practices, mantras, and diet will be presented as ways to develop self-awareness, which is the basis for healing the physical, emotional, mental, and subtle bodies.



COURSE LEARNING OUTCOMES

1. Define the term Ayurveda and describe its history and origin.
2. Explain the overview of Samkhya (tattwa and gunas) as the foundational philosophy of Ayurveda and yoga.
3. State perspectives on the structure and function of the Ayurvedic doshas (body-mind constitution) and their role in creating health and wellness.
4. Define the relationship and differences between Ayurvedic and yogic diets and recommendations according to dosha types.
5. Explain the basics of Ayurvedic subtle anatomy and techniques to help in supporting health and wellness.
6. Explain basic techniques of mantras, meditation, breath work, daily routines, and asanas for different doshas.

PRANA, BREATHWORK AND THE SUBTLE BODY: YOGA150

(1 DIDACTIC; 1 LAB UNIT)

For millennia, yogis have known that we are far more than just our physical bodies. In this course students will be introduced to and explore the subtle energetic systems that make up our being. Students will learn about the locations, meaning, and significance of the seven major chakras, the nadi system, the five prana vayus, and their influence on health and wellness. Students will also practice and learn how to safely teach a variety of pranayama techniques as well as their relation to the functions of human physiology.



COURSE LEARNING OUTCOMES

1. Name the five prana vayus and recall their associated physiology and areas of the body.
2. List the English and Sanskrit names and locations of the seven major chakras.
3. Explain the significance and correspondences of each of the seven major chakras.
4. Describe the location and purpose of the three main nadis in the yogic nadi system: the ida, pingala, and sushumna.
5. Demonstrate safe practice and instruction of a variety of pranayama techniques.

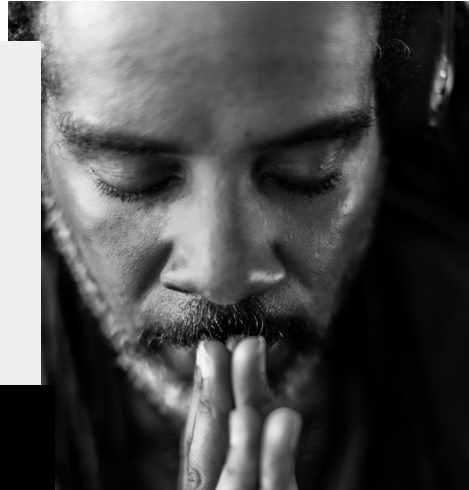
YOGIC MEDITATION: YOGA170

(1 DIDACTIC; 1 LAB UNIT)

Long before there were yoga classes and yoga postures, yogis were meditating on the nature of self and reality. In this course, students will explore the history of yogic meditation and experience a variety of yogic meditation techniques, including visualization, concentration, mantra, and yoga nidra, and learn how to safely instruct others to use them. The course will also cover mudras as well as how and why to use them. Students will learn how to incorporate yogic meditation techniques into yoga classes, or as a standalone practice.

COURSE LEARNING OUTCOMES

1. Explain the history and benefits of meditation as it relates to yoga.
2. Describe the different forms of meditation as they relate to the 8 Limbs of yoga, including pratyahara, dharana, dhyana, and samadhi.
3. Demonstrate and instruct various yogic meditation techniques including visualization, concentration, mantra, and yoga nidra.
4. Demonstrate the use of various mudras including Gyan, Buddhi, Shuni, Prana, and Dhyana.
5. Demonstrate when and why to use yogic meditation techniques both in yoga classes and as a standalone practice.





TEACHING METHODOLOGIES AND INTEGRATED TEACHING PRACTICE

YOGA200 (.5 DIDACTIC; 2 LAB UNITS)

This course will provide students with in-depth knowledge of effective yoga teaching methods as they learn how to prioritize the use of yoga tools and techniques, including sequencing, pace, environment, cueing, and class management. Students will learn how to safely practice and instruct a variety of standing, seated, reclining, revolved, and inverted yoga postures.

COURSE LEARNING OUTCOMES

1. Safely and effectively sequence a yoga class.
2. Set and adjust the appropriate pace for different class styles and students.
3. Create a safe, accessible, and welcoming environment for classes and private sessions.
4. Apply safe and appropriate verbal, visual, and physical cues for entering, adjusting, and exiting a variety of yoga poses and sequences.
5. Successfully manage yoga classes, private lessons, workshops, and events.

INTRODUCTION TO YOGA FOR SPECIALTY POPULATIONS: YOGA220

(2 DIDACTIC; .5 LAB UNITS)

Yoga is not a one size fits all practice, so it is important that instructors understand how to teach for different body types and populations. In this course, students will learn applications of yoga suited to the specific conditions of special populations. Through this course, students will broaden their exposure to various

approaches in yoga, offering various areas of specialization in their careers. Students will learn about the population/condition, indications and contraindications, benefits of yoga techniques, and the most potent tools to use with special populations.

COURSE LEARNING OUTCOMES

1. Differentiate special populations and explain their associated special needs within the approach of yoga.
2. Integrate yoga tools that are suited to the specific conditions of special populations.
3. Recognize contraindications of yoga for specific populations.
4. Recognize indications of yoga for specific populations.
5. Describe the benefits of yoga for specific populations.

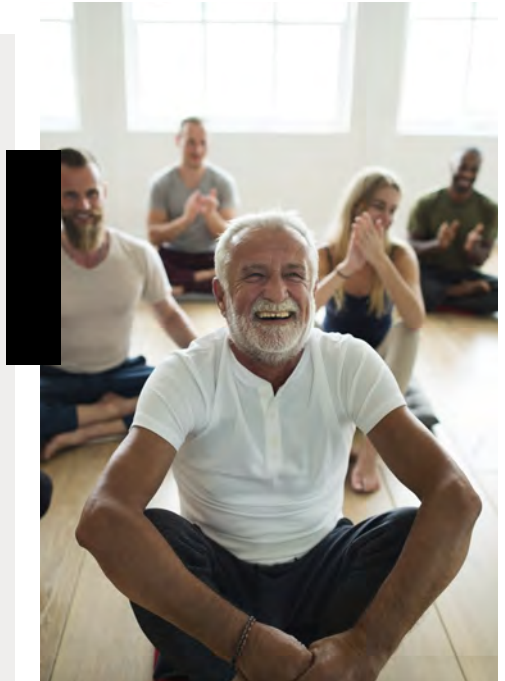


PROFESSIONAL PRACTICE AND ETHICS: YOGA240 (3 DIDACTIC UNITS)

According to Patanjali, the first step on the path of yoga is that of moral and ethical precepts. If this was true more than a thousand years ago, it is even more important in our modern world. This course will provide students with an in-depth understanding of ethics as it relates to the student-teacher relationship and provide the tools needed to effectively build a business in the growing industry of yoga. Students will learn how to market themselves authentically and professionally, acquire clients and build a caseload, market workshops and courses, manage finances and expenses, and present themselves to potential employers in professional health establishments such as clinics and studios. Students will also learn about the importance of diversity and awareness in yoga.

COURSE LEARNING OUTCOMES

1. Define the proper role and ethics in teacher-student relationships.
2. Define role of ethics in business practices.
3. Demonstrate basic business practices.
4. Market their skillset, courses, and/or workshops to potential clients.
5. Explain the importance of diversity and awareness in yoga.



TEACHING YOGA: PRACTICUM

YOGA260 (2 LAB UNITS)

The key to becoming a successful yoga instructor is practice: lots and lots of practice. This course will provide students with the opportunity to demonstrate their core knowledge of twelve key yoga competencies, including: asana, pranayama and the subtle body, meditation, anatomy, physiology, biomechanics, yogic history, philosophy, ethics, teaching, and professional

development. Students will develop relationships with existing yoga teachers for the opportunities of mentorship, class observation, and feedback. They will also create a series of yoga videos related to each of the above-mentioned competencies.

COURSE LEARNING OUTCOMES

1. Safely and effectively apply each of the 12 key competencies as appropriate.
2. Develop a mentorship/ apprenticeship with a working yoga teacher.
3. Plan, produce, and share yoga instruction videos.



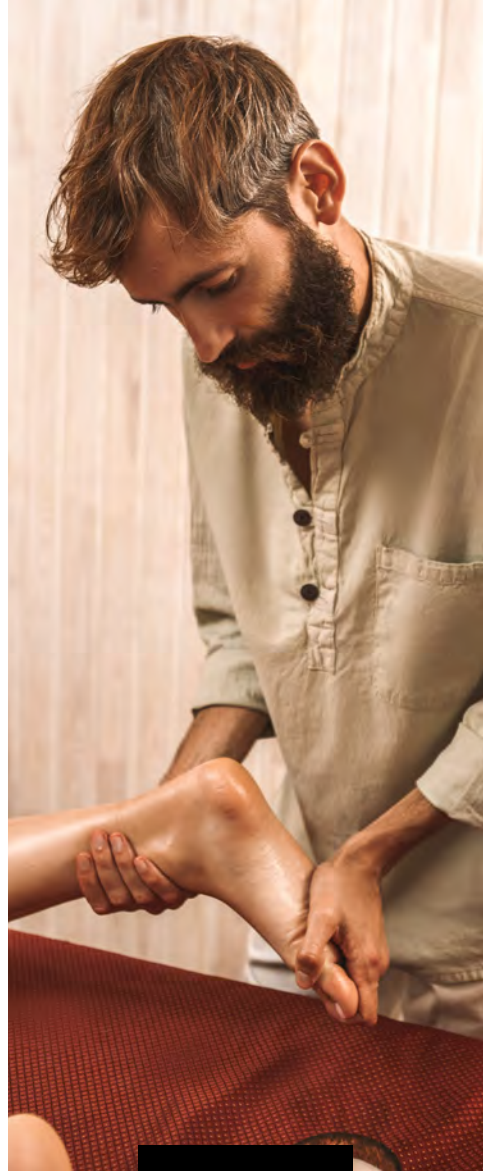
MARMA THERAPY: YOGA280

(2 DIDACTIC; .5 LAB UNITS)

In this course, students will explore the history and practice of Ayurvedic marma therapy. They will learn the properties and appropriate usage of 107 of the major marma points on the body, and a variety of techniques to work with them, including massage, acupressure, essential oils, and yoga asanas.

COURSE LEARNING OUTCOMES

1. Explain the history of marma points and marma therapy.
2. Choose and apply appropriate marma stimulation methods including massage, acupressure, and essential oils.
3. Demonstrate and instruct various yoga asanas to effect and stimulate marma points.
4. Explain contraindications of marma points and marma therapy.
5. Demonstrate when and why to use marma therapy.





YIN YOGA: YOGA282

(1 DIDACTIC; 1 LAB UNIT)

Yin Yoga is a slow-paced style that incorporates principles of traditional Chinese medicine, with yoga asanas (postures) that are held for longer periods of time than in other styles. In this course, students will learn Yin Yoga philosophy, history, anatomy, postures, sequencing, and corresponding physical and energetic systems in the body. They will learn how to create a safe space for teaching Yin Yoga, modifications, and how to properly assist and adjust students.

COURSE LEARNING OUTCOMES

1. Explain the philosophy, postures, anatomy, and energetic & physical systems of Yin Yoga.
2. Sequence and teach a Yin Yoga class using modifications and props to appropriately support students.
3. Explain the differences between Yin Yoga and restorative yoga.



ELECTIVES

ASSOCIATE OF APPLIED SCIENCE (YOGA TEACHER-SD)

To graduate from the Associate of Applied Science (Yoga Teacher), students must complete a minimum of 60 units between the credits transferred and those taken with this program. An approved four-hour CPR course is also required.

POSSIBLE ELECTIVE COURSES

** = may not be counted towards bodywork elective hours

| COURSE | UNITS | CRED HRS | PREREQ |
|----------------------------------------------------------------------------------------------------|--------------|-----------------|---------------|
| • Accessory Techniques** | 3 | 45 | |
| • Orthopedic Assessment | 2.5 | 45 | BT251a |
| • Craniosacral Work 1 | 2.5 | 45 | |
| • Shiatsu 1 | 2 | 45 | |
| • Sports Tui Na and Traumatology | 2 | 45 | BT130, BT230 |
| • Floor Thai Massage 1 | | | |
| • Advanced Floor Thai Massage | 2 | 45 | BT141a |
| • Table Thai Massage 1 | | | |
| • Advanced Table Thai Massage | | | |
| • Tui Na Treatment of Internal Disharmonies 1: Male/Female Reproductive Disorders | 2 | 45 | BT130, BT230 |
| • Tui Na Treatment of Internal Disharmonies 2: Respiratory and Digestive Disorders | 2 | 45 | BT130, BT230 |
| • Tui Na Treatment of Internal Disharmonies 3: Geriatric, Chemotherapy and Post-Surgical Disorders | 2 | 45 | BT130, BT230 |
| • Tui Na Treatment of Internal Disharmonies 4: Advanced Musculoskeletal Disorders and Disharmonies | 2 | 45 | BT130, BT230 |
| • Aromatherapy** | 2 | 30 | |
| • Synergist | 2 | 45 | BT100 |
| • Perinatal | 2 | 45 | BT100 |
| • Orthopedic Assessment | 2.5 | 45 | BT257 |
| • Introduction to Neuromuscular Techniques | 2 | 45 | |
| • Sports Tui Na | 2 | 45 | BT130 & BT230 |

SCHEDULE

The Associate of Applied Science (Yoga Teacher) program is offered on campus and live synchronous classes.

A full time student coming in with 30 credits of a health care related program will complete the program in 1 year. Students that completed the massage therapy/Asian bodywork program at PCHS will complete the program in two semesters. A part time student will complete the program in 2 years. **Financial aid eligibility requires enrollment in at least six credits per semester.**

At the end of the program, students complete and exit interview and indicate their satisfaction with each course and faculty member. Graduates will be eligible to apply for certification of RYT-500 with Yoga Alliance.



ADMISSIONS

THE MINIMUM ADMISSION REQUIREMENTS ARE:

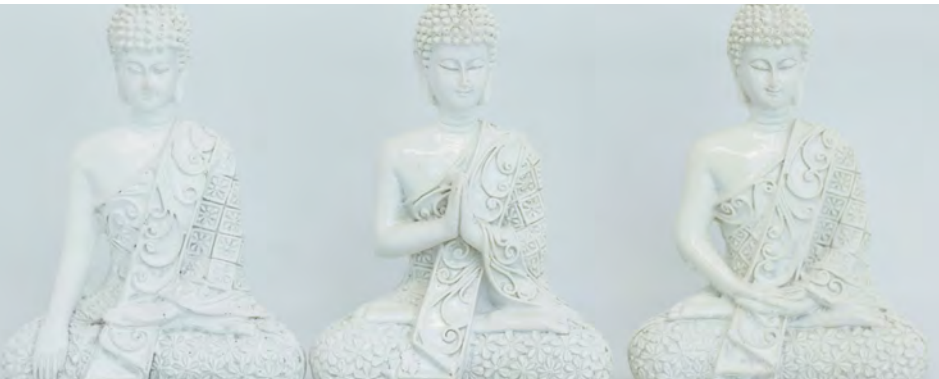
- 2.00 GPA or GED
- 30 credits in a related health care field or completion of the Massage Therapy/Asian Bodywork program.

Applicants for whom English is not their native language must demonstrate competence by TOEFL/iBT.

Applicants with lower than the required GPA will be required to take the Wonderlic exam.

3 PATHS AVAILABLE:

1. Transfer 36 credits from Pacific College's **MTH program**
2. Transfer up to 36 credits from other accredited massage therapy programs.
3. Transfer 24 credits from other related healthcare programs and take an additional 12 units to access the AAS Yoga program:
 - a. A&P1
 - b. A&P2
 - c. Thai Massage
 - d. Kinesiology
 - e. Tui Na Hand Technique
 - f. Tui Na Structural Techniques



STUDENT SUPPORT SERVICES

Financial Aid:

The financial aid department assists students with Title IV and specialized programs, including state grants and VA benefits, as well as budgeting and tuition planning.

Career Services:

The career services office provides assistance in career development and publicizes employment and research opportunities.

Advising:

The student advisor, program director, and lead faculty provide educational guidance and assistance with class schedules, as well as academic and personal difficulties.



Support:

The program director, registrar, student advisor, faculty, and academic dean are available in person, by phone, teleconference, and email to provide student support in their respective areas.

Well-Connect:

Well-Connect Student Resource Services provide assistance with housing, child care referral, domestic violence, finances, mental-emotional, and other issues to students and their families.

Tech Support:

The college provides technology support through a help desk ticket system. During the online courses, there is a technical support person available in the class to troubleshoot student or faculty difficulties.



ABOUT PACIFIC COLLEGE OF HEALTH AND SCIENCE

MISSION

Pacific College improves lives by educating and inspiring compassionate, skilled leaders of traditional medicine and integrative health sciences.

CORE VALUE STATEMENT & CORE VALUES

All members of the Pacific College community embody the intention of improving lives exponentially by supporting health and well-being through our daily actions. We lead by example and by practicing the values of:

Integrity

Mindfulness

Compassion

Critical Thinking

Collaboration

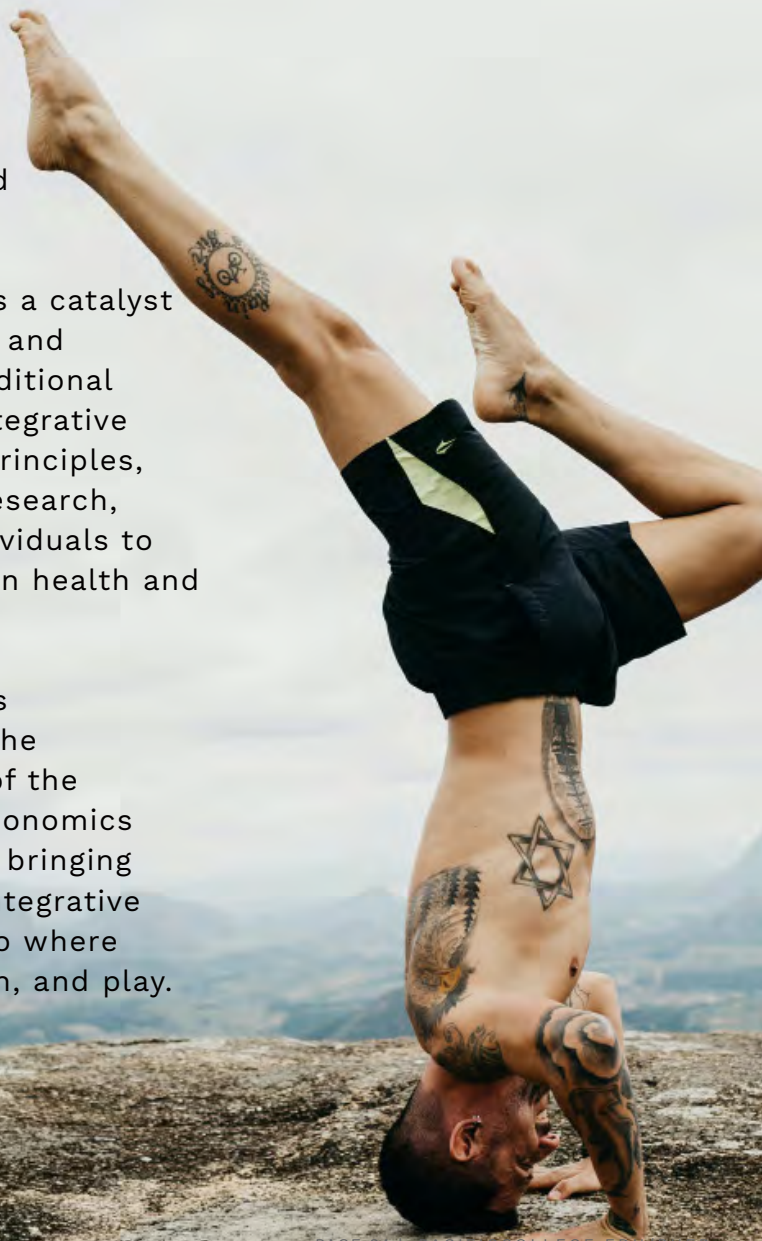
Education

VISION

Pacific College is the recognized leader in delivering traditional medicine and integrative health science education to practitioners and the public.

Pacific College is a catalyst for the adoption and expansion of traditional medicine and integrative health science principles, practices, and research, empowering individuals to gain and maintain health and enjoy life.

Pacific College is contributing to the transformation of the structure and economics of healthcare by bringing education and integrative health science to where people live, learn, and play.





PACIFIC COLLEGE
of HEALTH AND SCIENCE

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