

# Registered Yoga Teacher CERTIFICATE

## Program Overview

Yoga is recognized by health professionals worldwide as an effective way to increase flexibility, develop strength and reduce stress. This program focuses on four key aspects of yoga: alignment and form of the yoga postures, history and philosophy of yoga, relaxation and meditation, and teaching techniques. This program is recognized by the Yoga Alliance and upon completion qualifies graduates to be 200 hour Registered Yoga Teachers.

## Career Opportunities

Yoga instructors are listed under the main category of fitness workers with the Department of Labor. Training for yoga instructors is ever changing. According to the U.S. Department of Labor Statistics, demand for teachers of yoga has grown faster than the ability to train them properly as the interest in yoga exercise has exploded in recent years. Saint Paul College's program is designed to meet the Yoga Alliance 200 hour standards.

As health clubs strive to provide more personalized service to keep their members motivated, they continue to offer a wide variety of group exercise classes. The aging population, in particular, demand low-impact forms of exercise which yoga provides.

Yoga instructors work in: HMOs in the areas of heart health and pregnancy, wellness centers, studios with massage therapists, fitness centers, educational institutions, conference centers, chiropractic offices, spas, community education, yoga studios and cruise ships.

## Program Outcomes

1. Graduates will demonstrate a clear understanding of alignment within the standing poses, seated poses, inversions, backbends, forward bends, twists and arm-balances covered in this class.
2. Graduates will demonstrate coordination of breath and movement and the correct use of the diaphragm in yogic breathing.
3. Graduates will demonstrate an understanding of the scientific evidence behind the effects of stress and relaxation.
4. Graduates will identify the mental, emotional, and physical benefits of a consistent mindfulness/meditation practice.
5. Graduates will demonstrate the ability to plan a sequence of postures to lengthen the spine and open the major joints of the body to support relaxation and healing.
6. Graduates will meet the Yoga Alliance Standards of Yoga Teacher Training.

## Program Faculty

Jeremy Sartain  
jeremy.sartain@saintpaul.edu

Maria Toso  
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## Equipment Needed

Students should expect to bring to class a yoga mat and blanket, yoga strap and blocks if necessary. The blanket is used to sit on and should be a woven serape or a wool yoga blanket.

## Program Length

Full-time students can complete the program in one semester.

## Part-time Options

For part-time options, discuss with program faculty.

## Program Requirements

Check off when completed

Course	Cr
<input type="checkbox"/> HLTH 1421 Anatomy and Physiology for the Somatic Practitioner . . . . .	4
<input type="checkbox"/> HLTH 1454 Yoga Postures/Asanas . . . . .	3
<input type="checkbox"/> HLTH 1458 Relaxation Techniques . . . . .	3
<input type="checkbox"/> HLTH 1459 Yoga Asana/Teaching Methodology . . . . .	3
<input type="checkbox"/> HLTH 1541 Yoga History/Philosophy . . . . .	3

**Total Program Credits . . . . . 16**

## Program Start Dates

Fall, Spring, Summer

## Course Sequence

For part-time or customized course sequence contact Jeremy Sartain at 651.846.1619 or email jeremy.sartain@saintpaul.edu.

Not all courses are offered each semester; a selection of courses is offered summer term. Students must take HLTH 1454 before taking HLTH 1459.

Students should consult with the Program Faculty each semester.

## First Semester

HLTH 1421 Anatomy and Physiology for the Somatic Practitioner . . . . .	4
HLTH 1454 Yoga Postures/Asanas . . . . .	3
HLTH 1458 Relaxation Techniques . . . . .	3
HLTH 1459 Yoga Asana/Teaching Methodology . . . . .	3
HLTH 1541 Yoga History/Philosophy . . . . .	3

**Total Program Credits . . . . . 16**



*Information is subject to change.  
This Program Requirements Guide is not a contract.*

### Minimum Program Entry Requirements

Students entering this program must meet the following minimum program entry requirements:

**Reading:** Score of 225+

### Assessment Results and Prerequisites:

Students admitted into Saint Paul College programs may need to complete additional courses based on assessment results and course prerequisite requirements. Certain MATH, READ, and ENGL courses have additional prerequisites.

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