

Degree Checklist

Low Residency

Yoga Therapy Concentration



Loyola Marymount University

Graduate

Yoga Studies

Required Certificate Program:
Select one of the following areas:

Yoga Philosophy (Online)	Vinyasa Krama Teacher Training	Yoga Therapy Rx (Online - optional for '21-22)	Yoga Ed (Online)	Yoga Mindfulness and Social Change (Online)	Yoga and the Healing Sciences	OR Transfer 6 Post-B.A. credits from another institution in an area related to Yoga Studies

- Total time to complete the Low Residency M.A. in Yoga Studies with the Yoga Therapy concentration is 33 months (39 semester units). IAYT accreditation ***is not*** available to remote learning students with the exception of those who are able to travel to campus for once monthly completion of Yoga Rx certifications in-person, effective Fall 2022. IAYT is currently still reviewing online learning protocols moving forward and we will continue to update students accordingly. Completion of Graduate Yoga Therapy coursework is still available as an option to all in-person and remote learning students.

NAME:	
STUDENT ID:	
ANTICIPATED GRADUATION DATE:	

Fall, Year 1

REQUIREMENT	SEMESTER HOURS	Anticipated Term/Year	COMPLETED
YGST 6015 Foundations of Yoga Studies *Ten day intensive course (mid to late August on the LMU Campus)	3 Semester hours		
YGST 6005 Introduction to Sanskrit	3 Semester hours		
YGST 6010 Health Science and Yoga	3 Semester hours		

Spring, Year 1

REQUIREMENT	SEMESTER HOURS	Anticipated Term/Year	COMPLETED
YGST 6020 Yoga Philosophy: Text and Practice	3 Semester hours		
YGST 6026 Sanskrit: The Bhagavad Gita	3 Semester hours		

Summer, Year 1

REQUIREMENT	SEMESTER HOURS	Anticipated Term/Year	COMPLETED
YGST 6040 Buddhism and Yoga	3 Semester hours		
YGST 6041 Jaina Yoga	3 Semester hours		

Fall, Year 2

REQUIREMENT	SEMESTER HOURS	Anticipated Term/Year	COMPLETED
YGST 6060 Health Science and Yoga II	3 Semester hours		
YGST 6070 Yoga Therapy Applications	3 Semester hours		

Spring, Year 2

REQUIREMENT	SEMESTER HOURS	Anticipated Term/Year	COMPLETED
YGST 6030 Hatha Yoga Texts	3 Semester hours		
YGST 6080 Yoga Therapy Practicum	3 Semester hours		

Fall, Year 3

REQUIREMENT	SEMESTER HOURS	Anticipated Term/Year	COMPLETED
YGST 6050 History of Modern Yoga (OR) YGST 6082 Comparative Mysticism	3 Semester hours		

Spring, Year 3

REQUIREMENT	SEMESTER HOURS	Anticipated Term/Year	COMPLETED
YGST 6096 Writing and Research Seminar	3 Semester hours		

**** Yoga Studies M.A. candidates must complete [one] of the Required Certificate Programs found above in order to qualify for commencement.**

*All Yoga Studies M.A. graduates are eligible to enroll in the Post-Graduate Yoga Therapy Certificate (PGYT) Program! Please see the Post-Graduate Yoga Therapy Checklist for more details.