

Degree Checklist

Low Residency Program



Loyola Marymount University

Graduate Yoga Studies

NAME:	
STUDENT ID:	
ANTICIPATED GRADUATION DATE:	

* Total time to complete the Low Residency M.A. in Yoga Studies is 33 months (36 semester units). Students should allow additional time to fulfill Certification with the International Association of Yoga Therapists (C-IAYT) requirements (optional), plus pre/co-requisite certificate program through LMU's Center for Religion and Spirituality (CRS).

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

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 6025 Sanskrit: The Yoga Sutra	3 Semester hours		
YGST 6082 Comparative Mysticism	3 Semester hours		

Spring, Year 2

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

Fall, Year 3

REQUIREMENT	SEMESTER HOURS	Anticipated Term/Year	COMPLETED
YGST 6050 History of Modern Yoga	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.