

Degree Checklist

Yoga Therapy

Post-Graduate Certificate

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| NAME: | |
| STUDENT ID: | |
| ANTICIPATED GRADUATION DATE: | |



Loyola Marymount University
Graduate
Yoga Studies

Learning outcomes of the Post-Graduate Certificate (PGYT)

Upon successful completion of the certificate, students will:

1. Gain expertise in anatomy, physiology, and health science from the perspective of yoga
2. Gain expertise in applied yoga philosophy for enhancing eudemonic well-being
3. Demonstrate skilled competence in performing client intake, evaluation, assessment, and development of yoga therapy plans
4. Know the history and application of yoga therapy within and outside of India
5. Master the competencies required by the International Association for Yoga Therapists (see Requirements below).

Requirements

- All students must have completed the Master of Arts in Yoga Studies degree at LMU.
- All students must have completed, or be in the process of completing, Yoga Therapy Rx Level I through the LMU Center for Religion and Spirituality.
- All students will complete an additional nine semester hours of graduate study: YGST 6060 Health Science and Yoga II, YGST 6070 Yoga Therapy Applications, and YGST 6080 Yoga Therapy Practicum.
- All students will engage in a minimum of one semester of mentored Yoga Therapy practicum hours.
- Students seeking to qualify for Certification with the International Association of Yoga Therapists (C-IAYT) will complete Yoga Therapy Rx Level II and any remaining requisite mentored practicum hours through the LMU Center for Religion and Spirituality.

Fall, Year 3

| 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 3

| REQUIREMENT | SEMESTER HOURS | Anticipated Term/Year | COMPLETED |
|---|------------------|-----------------------|-----------|
| YGST 6080 Yoga Therapy Practicum | 3 Semester hours | | |
| Optional: Yoga Therapy India Study Abroad | | | |

**All students must have completed, or be in the process of completing, Yoga Therapy Rx Level I through the LMU Center for Religion and Spirituality.*