YOGA THERAPY POST-GRADUATE CERTIFICATE

Learning Outcomes of the Post-Graduate Certificate (PGYT)

Upon successful completion of the certificate, students will:

- Gain expertise in anatomy, physiology, and health science from the perspective of yoga
- Gain expertise in applied yoga philosophy for enhancing eudemonic well-being
- Demonstrate skilled competence in performing client intake, evaluation, assessment, and development of yoga therapy plans
- Know the history and application of yoga therapy within and outside of India
- Create an evidence-based therapeutic yoga program for a specific population

Requirements

- All students must have completed the Master of Arts in Yoga Studies degree.
- All students must have completed Yoga Therapy and the Musculoskeletal System through LMU Extension.
- 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 complete the Yoga Therapy Educational Journey in India (co-requisite through LMU Extension).

Curriculum

Course	Title	Semester Hours
Year 3		
Fall		
YGST 6060	Health Science and Yoga II	3
YGST 6070	Yoga Therapy Applications	3
	Semester Hours	6
Spring		
YGST 6080	Yoga Therapy Practicum	3
All students must have completed or be in the process of completing Yoga		
Therapy and the Mu	usculoskeletal System through LMU Extension	
	Semester Hours	3
	Minimum Semester Hours	9