

YOGA THERAPY POST-GRADUATE CERTIFICATE

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. 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 Musculoskeletal System through LMU Extension		
Semester Hours		3
Minimum Semester Hours		9