

Yoga Teacher Training Certificate (YIC)

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The Yoga Teacher Training Certificate prepares students to design yoga sequences for healthy adults, along with an introduction to designing yoga routines for children, pregnant women, and older adults. The certificate also covers other key aspects of yoga practice.

Graduates of the certificate program qualify for registration with the National Yoga Alliance as a Registered Yoga Teacher (RYT) at the 200-hour level.

For more information, please contact the Health and Public Safety Division at (513) 569-1670.

To apply for this program at Cincinnati State, visit the Admissions (<http://www.cincinnati-state.edu/academics/admission/>) section of the College website.

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Program Prerequisites: Meet with Program Chair

Semester 1		Lec	Lab	Credits
EXS 118	Yoga Teacher Training 1	2	2	3
Semester 2				
EXS 119	Yoga Teacher Training 2	2	2	3
EXS 184	Yoga Internship	0	4	1
Total		4	8	7
Credits:				

Faculty

Program Chair/Advisor

Melinda (Mindy) Piles, MEd, ACSM EP-C, CPT
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Health and Public Safety Division Advising

Call (513) 569-1670 or Text (513) 569-1600