

## **KIN-44 — YOGA INSTRUCTOR TRAINING**

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### **About This Course**

**Transfer:** CSU

3.00 units

**Prerequisite:** None.

**Description:** Yoga philosophy and practice. Topics include teaching postures in a safe manner, breathing techniques, and how to observe and assist students. This course may be used as partial fulfillment of the requirements to be a Registered Yoga Teacher through the Yoga Alliance. 36 hours lecture and 54 hours laboratory. (Letter grade only)