

Santa Monica College
Yoga Teacher Training - 200 Hour Certificate of Achievement

Effective Fall 2026

Yoga teachers design and instruct yoga classes for participants of various ability levels. They ensure through diligent planning, intelligent sequencing, and the inclusion of appropriate posture progressions that each class experience is safe, effective and enjoyable for all participants. This program fulfills the requirement for the 200-hour registered yoga teacher (RYT) credentials with Yoga Alliance and covers a wide range of topics from the history and philosophy of yoga, to basic alignment principles and teaching methodologies.

Program Learning Outcomes:

Create and teach an intelligently sequenced yoga class employing a teaching methodology, effective communication, proper demonstrations, effective cueing, and appropriate progression and regression of poses for beginning level yoga classes for participants of various ability levels.

Demonstrate the ability to analyze proper body alignment and administer appropriate physical adjustments to enhance safety to ensure an experience that is safe, productive and enjoyable.

Register with Yoga Alliance as a registered yoga teacher (RYT-200).

Demonstrate the ability to modify your yoga class to student(s) with a health obstacle or physical limitation by selecting postures and pranayama that can be beneficial for that student, and by using progressions and regressions effectively.

Create an effective business strategy for oneself including your personal brand and/or identifying one's niche and if appropriate leveraging social media.

Required Courses:

Units: 9.0

PRO CR 70 Yoga Teacher Training Essentials	3.0
PRO CR 71 Yoga Teacher Training Progressive Methodologies	3.0
PRO CR 72 Yoga Teaching Practicum	1.0
PRO CR 73 Anatomy & Physiology for Yoga Teachers	2.0

Select 1 course from the following:

Units: 1.0

KIN PE 58A Beginning Yoga	1.0
KIN PE 58B Intermediate Yoga	1.0
KIN PE 58C Advanced Yoga	1.0
KIN PE 58D Advanced Yoga Level II	1.0

Total: 10.0