

Yoga Teacher Training 200-hour Certificate Program
Advisory Meeting Minutes 2023

06/06/23 9:00-10:30am ELAC campus

Kinesiology (KIN) faculty Lindsay Costello, Sara Ortiz, Bobby Godinez.

Discussed creating a yoga teacher training program at ELAC in the Kinesiology Department. Students who enroll in this program will also be able to enroll in the fitness specialist certificate, which will add more value to both certificates. The yoga teacher training certificate program will draw students looking for the specific RYT 200 credential for yoga teachers with Yoga Alliance, which is the industry standard. Once the program is completed and approved by the ELAC curriculum committee, we will apply to register the program with Yoga Alliance. Once accepted we will be registered yoga teacher training school. Discussed the requirements for professors to teach in a program like this and that all professors must by the end of 2024 have an ERYT 500-hour certification. Discussed the possibility of having to hire another lead instructor with these qualifications. Hopeful to submit the program spring 2024 and offer in fall 2024, or at the latest spring 2025.

09/07/23 1:45pm-3:30pm ELAC campus

Kinesiology (KIN) faculty Lindsay Costello and Sara Ortiz, Steve Wardinski (History Professor, Curriculum Chair)

Discussed creating the yoga teacher training program for the Kinesiology Department at ELAC.

09/12/23 1:00-2:30pm via Zoom Meeting

Kinesiology (KIN) faculty Lindsay Costello, Sara Ortiz, Bobby Godinez, and Saša Stojić-Ito (Health and KIN professor, 200-hour certified yoga instructor, PCC, LATTC, LAPC), Barabara Aron (certified Yoga Instructor)

Reviewed the Yoga Alliance core curriculum standards: techniques, training, and practice (75-hours), anatomy and physiology (30-hours), yoga humanities (30-hours), and professional essentials (50-hours) and discussed additional elective topics that can be added into the core curriculum. Mapped out potential classes for the Yoga Teacher Training Program. Created class titles: Foundation and Techniques of Teaching Yoga I, Anatomy and Physiology for Yoga Teachers, Yoga Teaching Methodology, Foundation and Techniques of Teaching Yoga II, Philosophy of Yoga, Yoga Practicum and Professional Development.

9/22/23 1:00-4:45pm via Zoom Meeting

Kinesiology (KIN) faculty Lindsay Costello, Sara Ortiz, Bobby Godinez, Barbara Aron (certified Yoga Instructor)

Created course numbers, maps (semester 1 or 2) and descriptions for each course. Still undecided on the unit total. Determined who will write the course outlines and discussed the possibility of

which courses would be taught online. To meet the Yoga Alliance standards all courses can be taught online live with the requirement that 15% of the hours be in a synchronous (real-time) format.

10/02/23 12:00pm-1:30pm via Zoom Meeting Kinesiology (KIN) faculty Lindsay Costello, Sara Ortiz, Bobby Godinez, and Saša Stojić-Ito (Health and KIN professor, 200-hour certified yoga instructor, PCC, LATTC, LAPC), Barabara Aron (certified Yoga Instructor)

Created program description and program PLO's.

Program Description:

The Yoga Teacher Training Program (200-hour certification training) at East Los Angeles College meets the requirements for the professional membership and trade association for Yoga Alliance, which registers students as yoga teachers (RYT). This program provides students with the skills required to teach yoga safely and effectively to a variety of levels and abilities. The program features a comprehensive curriculum that focuses on theory, anatomy and physiology, philosophy, sequencing, personal practice, and the history of yoga. At the completion of the program, students are prepared for employment in health clubs, spas, yoga/dance studios, and self-employment as a private yoga instructor. This program is also beneficial for those who are interested in the health and wellness industry, as they will learn how to apply yoga techniques that enhance overall mental, emotional, and physical well-being.

The satisfied 200-hour ELAC Yoga Teacher Training Program consists of six classes. Students are encouraged to have at least six months of consistent yoga practice before enrolling in the certificate program. A Certificate of Achievement is awarded upon completion of all required courses with a grade of C or better.

Program PLO's:

1. Evaluate core principles of Hatha Yoga.
2. Examine skills for instructing yoga, including verbal cues, sequences, variations, adjustments, and modifications.
3. Apply principles of human anatomy, physiology, and biomechanics to yoga practices.
4. Describe the philosophy of yoga through history, and the development of asanas.
5. Design and execute a yoga class, including asanas (postures), pranayama (breathing practices), and meditation.

**10/05/23 9:30am-1:30pm via Zoom Meeting
Kinesiology (KIN) faculty Lindsay Costello, Sara Ortiz**

Evaluated completed courses in Microsoft Word, discussed inputting the courses into eLumen. Reviewed the Yoga Alliance Guidebook to RYS Application. Lindsay will write the letter of intent to Yoga Alliance, the training manual, and the training schedule. Submit next year spring

2024 to Yoga Alliance. Sara will create flyers once the program is approved and will advertise on social media. Worked on finishing the Proposed New Program Request (PNPR), will be completed by Sara and Lindsay by October 20, 2023.

10/13/23 9:30am-10:30am via Zoom Meeting
Kinesiology (KIN) faculty Lindsay Costello, Sara Ortiz

Review application process to LARC and submit 10/14/23. Review PNPR and final edit of courses.

Future Meeting:

10/18/23 9:00am-9:30am via Microsoft Teams
Kinesiology (KIN) faculty Lindsay Costello, Sara Ortiz, LA Parks, and Rec Team:
Mercedes Santoro, Caris Gomez, Anthony Montanez, David Gonzalez, Freddy Zavaleta, Sofia Gavia.

Discussion topic includes internship and work opportunities for students that complete the yoga teacher training program, as well as the fitness specialist, coaching, PT Aide, and Aquatics Specialist certificates in the Kinesiology Department at ELAC.