**NORTH ORANGE COUNTY COMMUNITY COLLEGE DISTRICT**

**CYPRESS COLLEGE**

Division of Kinesiology and Athletics

Integrative Health and Wellness Studies

Yoga Certification Program

Date: 08/24/2023

Place: Zoom, 12:00pm – 1:00pm

**Members in Attendance**

Karen Lindsey PhD, Assistant Professor, Department of Pediatrics; Early Career Chair in Integrative Health, Susan Samueli Integrative Health Institute. UC, Irvine College of Health Sciences

Larry Payne PhD, C-IAYT, E-RYT500, POLY, Co-Founder YTRX & Prime of Life Yoga Programs, Loyola Marymount University

Christopher Chapple PhD, Doshi Professor of Indic and Comparative Theology, Director, Master of Arts in Yoga Studies, Loyola Marymount University

**Cypress College Personnel**

Silvie Grote, DrPH, RYT 500, Professor, Division of Kinesiology and Athletics, Cypress College

Sam Gould, PhDc, E-RYT 500, Adjunct Professor, Division of Kinesiology and Athletics, Cypress College

**Meeting Agenda**

The purpose of this meeting was to discuss programs in Kinesiology division, with an emphasis on CTE programs, including the Yoga Teaching Certification and the Integrative Health and Wellness Studies program at Cypress College. This conversation was held to discuss the continuing direction, emphasis, and further development of the Integrative Health and Wellness program. Specifically through strategizing ways of implementing 300hr certification with Yoga Therapy emphasis.

**Major Comments and Themes**

The Yoga profession is going through a transition, where many teaching trainings are becoming more academically-based, where trainings and programs are moving away from studio settings, for greater rigor, and professionalism, with higher academic standards that have been missing with the Yoga profession of teaching. This program highlights an opportunity to facilitate a major template for other programs, specifically, as it is under the larger Integrative Health and Wellness program, creating a more affordable educational environment for differing populations to learn about Yoga, and Integrative Health.

Health and wellbeing is going through a time where more people are seeking out integrative health practices, and are beginning to approach health from a whole person and systems perspective. We see integrative health as aiding and participating in conventional health practices, to offer different perspectives on healing and wellbeing in life. Furthermore, with that growing interest, there are currently no community college degrees in California that offer health and wellness degrees to enable students to learn skills and information that would create a good foundation for going on to higher educational opportunities, as well as for people already in the field of health who wish to learn more about health and wellness for their specific profession and occupation. It is only a matter of time before we begin to see more and more programs such as this program that are more academically oriented and rigorous, considering the interest in integrative health, and yoga as an integrative health practice. This program fulfills many issues within the field of allied health, and integrative health, in that, these programs of providing educational tools and certificates that are instilling tools that are otherwise out of reach for most lower socioeconomic communities. Further, this program is delivered, partially, and in full, in the online setting, allowing a variety of interest, with varying schedules.

Two certificates were mentioned for continued growth. A 300hr Yoga Therapy program, and a Health and Wellness Coaching program. Both would be certificates within the degree, Integrative Health and Wellness Studies. The reasoning behind this is that, both certificates, professions, are growing disciplines within the field of Integrative Health, and Allied Health, and are representative of growing health care professions. With the addition of these programs, and with the current program, there is also the need for a full-time faculty member to oversee the development of the program. This is highlighted in two ways, the number of courses of instruction within the program, and the Yoga Alliance criteria that all yoga programs starting from the 200hr level must be registered through and taught by a minimum RYT-300 teacher. Furthermore, I notion of a Yoga Studies BA program was discussed to house the yoga certification programs. The BA in Yoga Studies currently does not exist, but with continued growth and a changing market within the discipline of yoga this potential program would allow students a greater pathway into the graduate area of yoga, which is currently established at LMU.

With the integrative Health and Wellness Degree, a major theme was the continued development of Holistic, Integrative Nutrition emphasis in the degree.

**Key Summary Comments from Members**

Dr. Karen Lindsey:

As an early career chair at the Samueli Center at UC, Irvine, one of my initiatives is to develop curriculum around integrative health studies, and specifically, a new Masters degree program in integrative health. Also, as we develop curriculum and different educational programs we want to create working relationships with both community colleges, such as Cypress, as well as lower socioeconomic communities within Orange County who may not have access to these integrative health tools. We fully support what your plans are to create a degree in integrative health, and welcome the possibility of creating a working relationship to allow students a pathway to higher degrees in health. Dr. Lindsey also mentioned more attention toward nutrition within the degree, and specifically, a health coaching certificate, and a specific course on Holistic and Integrative Nutrition.

Dr. Larry Payne:

Dr. Payne addressed the value of this program, and its meeting the need for more Integrative Health emphasis within academic institutions. He also suggested the need for a yoga therapy emphasis in relation to the Yoga emphasis of the degree, which could be facilitated through a 300hr program in the form of a certificate. Dr. Payne also mentioned the idea of a BA in Yoga Studies, where there is currently nor degree on offer.

Dr. Chapple:

Dr Chapple emphasized the growing need for higher education certifications within academia, specifically within Yoga Studies. He suggested a yoga therapy emphasis within the 300hr program development to emphasize the historical roots of the practice of yoga as therapeutic in nature. He also commented that as more programs emerge in academia, it will force programs to raise there standards of instruction, and by yoga into a more academically minded study and pursuit.