**NORTH ORANGE COUNTY COMMUNITY COLLEGE DISTRICT**

**CYPRESS COLLEGE**

Division of Kinesiology and Athletics

Integrative Health and Wellness Studies

Yoga Teacher Certification Program

Date: 08/24/2020

Place: Zoom, 9:00am – 10:00am

**Members of Discussion:**

Glenn Hartelius, PhD., Founding Chair and Professor, Integral and Transpersonal Psychology Department, California Institute of Integral Studies

Courtenay Richards Crouch, PhD, Assistant Professor, Integral and Transpersonal Psychology Department, California Institute of Integral Studies

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

Vas Kypreos, owner and founder, ESO Live Well, Wellness Collective, Newport Beach

Megan Kelly, DrPT, Physical Therapist and Nutritionist, ESO Live Well, Wellness Collective, Newport Beach

**Cypress College Personal:**

Silvie Grote, DrPH, Professor, Divisions of Kinesiology and Athletics, Cypress College

Sam Gould, Adjunct Professor, Division of Kinesiology and Athletics, Cypress College

**Meeting Agenda:**

The purpose of this meeting was to discuss the potential Yoga Certification Program, as well as a new degree, Integrative Health and Wellness Studies. The purpose of these two new incentives for Cypress College, is first, to develop a Yoga teaching training program at 200hr and 300hr levels that is academically vigorous, providing the Cypress College student body access to integrative health practices that potentially, will lead to opportunities to teach yoga, and offer yoga for assisted integrative health careers. Second, the degree is designed to house the yoga certification, which is designed to offer a whole systems approach to health and wellness, that’s looks specifically toward integrative and alternative health practice to aid in the idea and practice of whole systems health.

**Initial Comments:**

The Yoga profession is going through a transition, where many teaching trainings are becoming more academically based, which trainings are beginning to move away from studio setting, specifically, for the purposes of rigor, more professional, and academic standards that have been missing with the Yoga profession of teaching. Accordingly, we see this program as an opportunity to create a program that offers that rigor, which trains students in the variety of areas within yoga, for instance, philosophy, anatomy and physiology, subtle and meditative practices, as well as principles on how to teach to differing populations and settings.

In accordance, we are going through a time where more people are seeking out integrative health practices, and are beginning to approach health more 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 thriving 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 specifically, 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 the one we are proposing that are more academically oriented and vigorous, considering the interest in integrative health, and yoga as an integrative health practice. Ultimately, we would like this program to serve the community, and offer pathways, to such programs and institutions as the ones you all represent. As an educational institution we also plan on having all of our classes as hybrid, online classes, with in person, lab. Considering the time we are currently in, it is really important to offer accessible educational opportunities to students and the community, where the education, and teaching is not compromised.

**Key Summary Comments from Members:**

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 economic 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.

Vas Kyperos:

One of the incentives of ESO when I started was to find a way to offer alternative health resources and practice to communities of need, who maybe don’t have access to some of these wholistic practices. For some yoga graduates, we would welcome them to come in a teach classes, maybe as drop in, donation based classes, where new teaching get the opportunity to practice teaching in real-time class settings, knowing that they would be getting a highly qualified degree with excellent teachers. Also, we would be happy to participate in educational opportunities for students as a wellness studio. Also, I think the online learning environment is a great opportunity for people learn more, and add to their current practice, and profession. One of the challenges, with teaching in a studio a lot, is that you have very little time for pursuing further education. The online environment opens up different possibilities for people to pursue further education.

Megan Kelly:

One of the things I see as a physical therapist, is that most Yoga teachers do not have enough knowledge and understanding of the body, and are not capable to teaching to different bodily needs and situations. It is a especially good that you plan on having one entire semester class devoted to anatomy and physiology. I would also suggest the possibility of yoga therapy, especially for 300hr certification, as there is a lot of need for yoga therapists within the clinical world.

Glenn Hartelius and Courtenay Crouch:

As faculty in a PhD program in psychology that designs and supports curriculum around whole person and systems theory, one of the reasons for developing this program was specifically to honor and value a whole systems approach to psychology. That is, valuing healing and transformation as a whole person endeavor that is a psychology including mind and body as an interconnected system, within an evolving participatory world, which is also attentive to a world of diversity and inclusion. The plans of the program centered around health and wellness similarly match our values of educational opportunities for all. It is also extremely necessary to value health as a whole person approach that includes many participating factors, and the area of integrative health is addressing this. Also, having an online, hybrid option to the degree is extremely important as it adheres to accessibility standards and opportunities for populations who may feel marginalized with academic communities. The online learning environment can be a great way for creating a warm and rich learning community.