

# Enhanced Yoga Instructor

PROGRAM CODE: 30-546-1



Technical Diploma



**Location:** Mequon Campus

**Start Dates:** August and January

**Admission Requirement:** High school diploma or equivalent

**Financial Aid Eligible:** No

## Program Description

The program goal is to educate Enhanced Yoga Instructor students beyond the role of teaching public classes — to elevate them to trusted wellness practitioners/partners within the healthcare community with enhanced skills in working with special populations, injury prevention and mindfulness for a holistic approach to wellness for individuals and communities. Combines 200-hour and 300-hour training to create a 500-hour program. Teachers with 200-hours may complete 300 hours to become a 500-hour teacher.

## Career Outlook

The number of Americans practicing yoga for wellness has increased, and more physicians are suggesting patients do yoga for healing benefits.

## Program Learning Outcomes

- Create and lead classes for individuals or groups that promote holistic health through movement and mindfulness.
- Apply foundational knowledge to adapt to the specific needs of their students, working with disease processes, injuries or special needs.
- Communicate and partner with other healthcare professionals as part of an interdisciplinary team to provide cohesive patient care.



**Complete Program Details**

**QUESTIONS?** 414-297-6263, 262-238-2281 or [healthpathway@matc.edu](mailto:healthpathway@matc.edu)

## COURSES

	CREDITS
EYI-101 History and Foundation of Yoga .....	1
EYI-110 Functional Movement .....	3
EYI-120 Asana, Sequencing and Structure .....	2
EYI-130 Mindfulness and Meditation .....	2
EYI-140 Business Ethics in Yoga .....	1
EYI-220 Anatomical Variations .....	3
EYI-230 Teaching Methodology .....	2
EYI-210 Energetics and Subtle Body .....	2
EYI-240 Adaptive Yoga .....	1
ENG-340 Workplace Communication .....	2
(or) ENG-195 Written Communication ‡	

## CREDITS

Total credits needed to complete this diploma

**19**

Program curriculum requirements are subject to change.

Current MATC students should consult their Academic Program Plan for specific curriculum requirements.

MATC courses are offered in person, entirely online or partially online. Check each course's delivery options in Self-Service at [selfservice.matc.edu](https://selfservice.matc.edu).