

Enhanced Yoga Instructor

PROGRAM CODE: 30-546-1



Technical Diploma



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 ‡

Location: Mequon Campus

Start Dates: August and January

Admission Requirement: High school diploma or equivalent

Financial Aid Eligible: No

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.

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