

H~OM Course List & Hours
Below is the outline table of courses and hours

Course Name	Course Hours -Residential	Course Hours-Online Specify synchronous or asynchronous
Yoga Teachings and Philosophy		45 hrs synchronous
Yogic Studies of the Mind		45 hrs synchronous
Ayurveda Foundations for Health and Disease (Eveline Azran 12hrs of the 62)		62 hrs synchronous
#1 RESIDENTIAL 3 day WeekEnd: Yoga Therapy Tools - IN PERSON Integration	29 hrs	
Human Anatomy & Physiology		112 hrs synchronous
Biomedical Basics (Lucie Gagnon 12hrs of the 16)		16 hrs synchronous
Psychology and Mental Health (Chrystal Assee 12 hrs of 34)		34 hrs synchronous
Healthy Human Development - Yogic Views in Modern Times		15 hrs synchronous
Body & Mind Integration		15 hrs synchronous
Yoga Therapy Tools - Foundations		31 hrs synchronous
#2 RESIDENTIAL 3 day WeekEnd: Yoga Therapy Tools - IN PERSON Integration	29 hrs	
Yoga Therapy Tools - Pelvic Health and Wellness (Shelly Prosko all 9 hrs)		9 hrs synchronous
Yoga Therapy Tools - Cancer Care (Anne Pitman all 14 hrs)		14 hrs synchronous
Yoga Therapy Tools - Tapping Into Creativity (Erin Byron all 8.5hrs)		8.5 hrs synchronous
Basic Principles of the Therapeutic Relationship		51 hrs synchronous
Principles and Skills for Educating Clients/Students		51 hrs synchronous
Principles and Skills for Working with Groups		32 hrs synchronous
#3 RESIDENTIAL 3 day WeekEnd: Yoga Therapy Tools - IN PERSON Integration	29 hrs	
Ethical Principles of a Yoga Therapist and the Yoga Therapy Profession		15 hrs synchronous
Legal, Regulatory, and Business Issues Pertaining to Yoga Therapy		5 hrs synchronous
Relationships with Peers, Mentors, Clinicians, and Organizations		5 hrs synchronous
Personal & Professional Development and Continuing Education		5 hrs synchronous