



SCOTTSDALE COMMUNITY COLLEGE'S YOGA TEACHER TRAINING PROGRAM OFFERS A UNIQUE, HIGH QUALITY EDUCATION. IT IS AN ACCREDITED, PROFESSIONAL PROGRAM IN WHICH PROSPECTIVE TEACHERS ARE TRAINED IN A BROAD AND IN DEPTH CURRICULUM THAT ENCOMPASSES STUDIES IN YOGA PHILOSOPHY AND HISTORY, BIOMECHANICS, ANATOMY, DETAILED POSTURAL ALIGNMENT, THERAPEUTICS AND THE ART OF TEACHING YOGA. KEY AREAS OF INSTRUCTION THAT ARE TAUGHT IN SCC'S YOGA PROGRAM ARE PRINCIPLES OF THE BREATH, MEDITATION , POSTURAL SEQUENCING, OBSERVATION, VERBAL AND PHYSICAL ADJUSTMENTS, USE OF VOICE, AND ORGANIZATION OF COURSE CURRICULUM. OUR PROGRAM EMPHASIZES LOGICAL SEQUENCING WITH CLEAR INSTRUCTION AND DEMONSTRATIONS.

What we offer:

- 4 Teaching Yoga courses
- 3 Yoga Philosophy courses
- 4 Yoga Therapy courses
- SCC Yoga Teacher Training Manual
- SCC Yoga Philosophy Manual
- Fully equipped program: wooden blocks, straps, blankets, sandbags, trestle, back-bender, set bandha bench, quarter rounds, wood floors, slant planks, etc.
- Dedicated and college educated faculty
- Committed students
- Well attended classes



Contact Information

Carlyn Sikes, Director of Yoga Program
480/423-6771
carlyn.sikes@scottsdalecc.edu

To Register:
www.my.maricopa.edu

or
by phone at 480/423-6100

● **Program Emphasis:**

Our program emphasizes logical sequencing with clear instruction and demonstrations. Students graduate with a strong foundation in the art of teaching, this includes the following:

- Lesson planning
- Sequencing
- Alignment
- Therapeutics
- Observation



The Maricopa Community Colleges are EEO/AA Institutions.

YOGA TEACHER TRAINING
at Scottsdale Community College



Please visit our website at:

www.scottsdalecc.edu/yoga



OCCUPATIONAL CERTIFICATE

Our college level certificate in Teaching Yoga is a minimum of 22 credit hours. We also offer two additional certificate options: Yoga Alliance 200 hour and 500 hour. More information can be found on our website at www.scottsdalecc.edu/yoga or feel free to contact Carlyn Sikes, Director of Yoga Program at 480-423-6771 or carlyn.sikes@sccmail.maricopa.edu.

Occupational Certificate in Yoga Instruction

Course Code	Course Title	Credit
PED270	Teaching Yoga: Level I	2
PED271	Teaching Yoga: Level II	2
PED272	Teaching Yoga: Alignments & Adjustments	2
PED274	Teaching Yoga: Practicum	2
PED150	Into to Tradition & Practice I	2
PED155	Intro to Tradition & Practice II	2
PED102YO	Intermediate Yoga and/or	2
PED103YO	Intermediate Yoga	1
BIO160	Intro to Human Anatomy	4
PED102YA, 102YP, 101YJ, PED280/262, WED162 etc.	Restricted Elective	3
**Imp	Some course codes vary, See Program Director for advising	
Total		22+

SCC offers a wide range of Yoga classes

- Beginning
- Intermediate
- Advanced
- Gentle
- Restorative
- Astanga
- Power
- Pranayama
- Workshops



Carlyn Sikes, Yoga Program Director
480-423-6771
carlyn.sikes@scottsdalecc.edu

What is Yoga?

Yoga is a philosophy that seeks to integrate the whole person through a variety of different practices. These practices as defined in the Yoga Sutras by the 3rd century scholar Patanjali include ethical disciplines, movement practice, breathing techniques, and practices that develop the art of meditation—all which lead the practitioner to a higher state of consciousness. It is a practice of moving inward that teaches us about ourselves, our relation to others and helps us to realize our true potential.



SCC is the only college in the state of Arizona to offer a Yoga Teacher Training Program. Our Occupational Certificate in Yoga Instruction provides our graduates with a college level certificate.