

Master of Science in Yoga Therapy

Entering Class Fall 2025

This Plan of Study shows the sequence and schedule of courses in your program which are designed to optimize your learning opportunities and experiences, and to ensure timely completion of your program, and achievement of your professional and personal goals.

Students are expected to follow this Plan of Study. Failure to follow this plan may result in significant delays in completing your program, including limited course availability in some trimesters that could delay your progress and/or impact your financial aid eligibility.

If you are unable to follow this Plan of Study due to extenuating circumstances, it is your responsibility to immediately contact your Academic Advisor, who will guide you through the full impact of deviating from this plan and discuss the extent to which options exist for a modified Plan of Study. In this case, you are also responsible for verifying your remaining requirements, prerequisites and when courses will be offered.

Spring (January)	Summer (April/May)	Fall (September)
		<u>1st Trimester - 2025</u> YOGA 611 Theoretical Foundations for Yoga Therapy 2 ISCI 643 Anatomy and Kinesiology 2.5 ISCI 644 Physiology and Pathology: The Internal Organs 3 INHS 500 Student Success Seminar 0 RSCH 550 Academic Research & Scholarship 0 Trimester credits 7.5 Total credits 7.5
<u>2nd Trimester - 2026</u> YOGA 612 Health and Disease: Yogic Perspectives 3 YOGA 615 Breath and Health 1 ISCI 651 Structural Pathology in Integrative Health 3 Trimester credits 7 Total credits 14.5	<u>3rd Trimester - 2026</u> YOGA 614 Theoretical Foundations: Mind and Spirit 2.5 ISCI 613 Mental Health and Mind Body Science 3 IHM 662 Professional Practices for Yoga Therapy Professionals I 1 YOGA 698 Comprehensive First Year Exam 0 Trimester credits 6.5 Total credits 21	<u>4th Trimester - 2026</u> YOGA 634 Therapeutic Relationship and Client Education I 1.5 YOGA 640 Yoga Therapy: Principles and Practices 2 YOGA 644 Mentored Yoga Therapy Student Clinic I 1.5 IHM 663 Professional Practices for Yoga Therapy Professionals II 1 Trimester credits 6 Total credits 27
<u>5th Trimester - 2027</u> YOGA 635 Therapeutic Relationship and Client Education II 3 YOGA 642 Yoga Therapy: Principles and Practices II 2 YOGA 645 Mentored Yoga Therapy Student Clinic II 1.5 Trimester credits 6.5 Total credits 33.5	<u>6th Trimester - 2027</u> YOGA 643 Yoga Therapy: Principles and Practices III 2 YOGA 646 Mentored Yoga Therapy Student Clinic III 2 YOGA 649 Clinical Case Reporting 2 Trimester credits 6 Total credits 39.5	

* Course prerequisites are specified in the course description, available in the Academic Catalog at <https://www.ndm.edu/academics/registrar/catalogs>

Credits Required for Completion: 39.5

Online

Master of Science in Yoga Therapy Curriculum Course List by Department

Entering Class Fall 2025

Can be completed in six trimesters

Name _____
ID# _____

Core Curriculum				39.5
Yoga Therapy				26 cr
YOGA 611	Theoretical Foundations for Yogat Therapy	2 cr		
YOGA 612	Health and Disease: Yogic Perspectives	3 cr		
YOGA 614	Theoretical Foundations: Mind and Spirit	2.5 cr		
YOGA 615	Breath and Heatlh	1 cr		
YOGA 635	Therapeutic Relationship and Client Education II	3 cr		
YOGA 640	Yoga Therapy: Principles and Practices	2 cr		
YOGA 642	Yoga Therapy: Principles and Practices II	2 cr		
YOGA 643	Yoga Therapy: Principles and Practices III	2 cr		
2nd Tri 644	Mentored Yoga Therapy Student Clinic I	1.5 cr		
YOGA 645	Mentored Yoga Therapy Student Clinic II	1.5 cr		
YOGA 646	Mentored Yoga Therapy Student Clinic III	2 cr		
YOGA 649	Structural Pathology in Integrative Health	2 cr		
YOGA 698	Comprehensive First Year Exam	0 cr		
Integrative Sciences				11.5 cr
ISCI 643	Anatomy and Kinesiology	2.5 cr		
ISCI 644	Physiology and Pathology: The Internal Organs	3 cr		
ISCI 651	Structural Pathology in Integrative Health	3 cr		
ISCI 613	Mental Health and Mind Body Science	3 cr		
Integrative Health and Health Management				2 cr
IHM 662	Professional Practices for Yoga Therapy Professionals I	1 cr		
IHM 663	Professional Practices for Yoga Therapy Professionals II	1 cr		
Other				0 cr
INHS 500	Student Success Seminar	0 cr		
RSCH 550	Academic Research & Scholarship	0 cr		

* Course prerequisites are specified in the course description, available in the Academic Catalog at <https://www.ndm.edu/academics/registrar/catalogs>

Credits Required for Certificate Completion: 39.5

Online

Date last revised: 10/23/2025