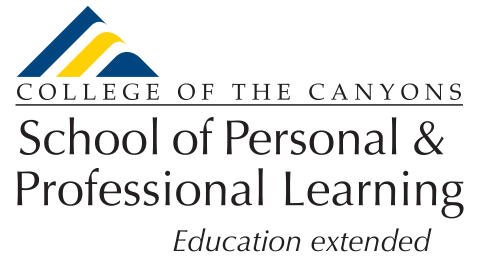


# FREE CLASSES

## YOGA INSTRUCTOR



## BECOME A YOGA INSTRUCTOR, GET CERTIFIED!

Gain skills and experience across the 12 Yoga Competencies: Asana (yoga poses) Anatomy, History, Teaching Methodology, Pranayama (Breathing) Physiology, Philosophy, Professional Development, Meditation, Biomechanics, Ethics, Teaching Practicum.

College of the Canyons 200 hour yoga teacher training program is a registered yoga school with Yoga Alliance, which designates this teacher training program as one which follows yoga alliance's standards. Students who complete a verified training may be eligible to register with Yoga Alliance as registered yoga teachers.

- **NC.YOGA-001 Yoga History and Culture**
- **NC.YOGA-002 Yoga Techniques I Theory and Practice**
- **NC.YOGA-003 Yoga Techniques II Practice and Training**, Prerequisites: NC.YOGA-001 & NC.YOGA-002
- **NC.YOGA-004 Yoga Teacher Training**, Prerequisite: NC.YOGA-003
- **NC.YOGA-005 Yoga Teacher Training Practicum**, Prerequisite: NC.YOGA-004

### PART TIME PROGRAM

**Classes are FREE and meet in person at the Valencia campus**

[www.canyons.edu/free](http://www.canyons.edu/free)



**Registration instructions can be found on the back of this flyer**

# REGISTRATION INSTRUCTIONS

To register for these courses, you must be an existing student or apply to be a student at the college. Please follow the steps below to register for these courses:

## New students start here

### Submit an application for admission

- Go to: [www.canyons.edu/freeclasses](http://www.canyons.edu/freeclasses)
- Click on "Applicants"
- Click on "Go to OpenCCC" when you are ready to fill out the online application.
- Successful application submission will generate an email with the subject line, "Your COC Noncredit Application Has Been Accepted." The email will also include your unique student email, which is also your CanyonsID username.

Upon receipt of the application confirmation email, click on the My Canyons icon at [www.canyons.edu](http://www.canyons.edu). Enter your CanyonsID student email and establish your CanyonsID password.

## Current students start here

### Register for classes

- From [www.canyons.edu](http://www.canyons.edu), click on the My Canyons icon and enter CanyonsID username and password.
- Click on the green "My Registration" tile, ► click on "Search for Sections."
- Select a term, and search for the Subject alphabetically under "Noncredit...."
- Add desired section(s) to course plan ► click on "Academics" icon ► click on "Student Planning"
- Click on "Plan your Degree & Register for Classes," ► click blue "Register" button for each course
- Select "Register," then click "Submit" at the bottom of the page.

If you would like assistance with enrollment, please call (661) 362-3304 or email [freeclasses@canyons.edu](mailto:freeclasses@canyons.edu) during regular business hours.

**Monday – Thursday 9:00 AM-5:00 PM**  
**Friday 9:00 AM-1:00 PM**

**We look forward to serving you!**

*School of Personal and Professional Learning Team*