



Earn the **Holistic Yoga Specialty Certification**

We are pleased to offer professional recognition for completion of a comprehensive training program in Yoga and Somatic Studies. You will be eligible for this Specialty Certification by completing a minimum of 50 hours of yoga and holistic fitness professional-level education coursework. Required and elective courses are listed below. This specialty certification program is appropriate for Health and Fitness Professionals who are interested in working in the fields of Group Fitness, Personal Training, Lifestyle-Wellness Coaching, Somatic Education, and Health Promotion. *You do not need to purchase the courses from the Academy of Holistic Fitness to receive this Specialty Certification.

1. REQUIRED: These two courses are required.

- AHF's Yoga Teacher Training (23 CECs)
- The New Mind-Body Approach to Posture, Movement, and Well-being (16 CECs)

2. ELECTIVE: Select one course from the following list.

- Practical Yoga for Personal Trainers (22 CECs)
- Enlighten Your Body (20 CECs)
- Yoga for Menopause (20 CECs)
- New Ideas for Today's Yoga Classes (12 CECs)
- The Vinyasa Specialist (12 CECs)

To get your **Holistic Yoga Specialty Certification**

- Fill out this form. Please write legibly. If faxing, use black ink.
- Submit documentation in the form of a certificate of completion for the AHF Yoga Teacher Training course, the New Mind-Body Approach to Posture, Movement, and Well-being course, and the elective.

Name:		Phone #:	
Email:			
Street Address:			
City:		State:	Zip:

Required Courses	# of CECs	Completion Date
AHF Yoga Teacher Training	23	
The New Mind-Body Approach	16	

Elective Course	# of CECs	Completion Date
Primary Certification (circle)	CPR (circle)	Certification Organization
Personal Trainer	AHA	
Group Fitness	Red Cross	

Send by mail, fax, or email to AHF (Academy of Holistic Fitness)

- AHF, 126 Belle Glen Drive, Nashville, TN 37221
- Fax 615-221-9085
- Email to Sharon@academyofholisticfitness.com

Your **Holistic Yoga Specialty Certification** certificate will be mailed to you. Please allow 2 weeks for processing.



Earn the **Therapeutic Yoga Specialty Certification**

We are pleased to offer professional recognition for completion of a comprehensive training program in Yoga, Somatic Studies, and a therapeutic approach to wellness and fitness. You will be eligible for this Specialty Certification by completing a minimum of 50 hours of yoga and holistic fitness professional-level education coursework. Required and elective courses are listed below. This specialty certification program is appropriate for Health and Fitness Professionals who are interested in working in the fields of Group Fitness, Personal Training, Lifestyle-Wellness Coaching, Somatic Education, and Health Promotion. *You do not need to purchase the courses from the Academy of Holistic Fitness to receive this Specialty Certificate.

1. REQUIRED: These two courses are required.

- AHF's Yoga Teacher Training (23 CECs)
- Yoga for Wellness Coaching (14 CECs)

2. ELECTIVE: Select one course from the following list.

- Holistic Fitness Specialty Certificate (20 CECs)
- Pro-active Postural Restructuring (20 CECs)

To get your **Therapeutic Yoga Specialty Certification**

- Fill out this form. Please write legible. If faxing, use black ink.
- Submit documentation in the form of a certificate of completion for the AHF Yoga Teacher Training course, the Yoga for Wellness Coaching course, and the elective.

Name:		Phone #:
Email:		
Street Address:		
City:	State:	Zip:

Required Courses	# of CECs	Completion Date
AHF Yoga Teacher Training	23	
Yoga for Wellness Coaching	14	

Elective Course	# of CECs	Completion Date
Primary Certification (circle)	CPR (circle)	Certification Organization
Personal Trainer	AHA	
Group Fitness	Red Cross	

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- Fax 615-221-9085
- Email to Sharon@academyofholisticfitness.com

Your **Therapeutic Yoga Specialty Certification** certificate will be mailed to you. Please allow 2 weeks for processing.