

Requirements

HLTH 101*	Intro to Integrative Health	3
HLTH 102	Science and Evidence in CAM	3
HLTH/ENVS 107	SU: Human Health and the Environment	3
Six credits from at least two areas in the following list (with a maximum of 3 one-credit courses in a single area):		
Mindfulness		
CSD 287	D2: Mindfulness and Helping Skills	
HLTH 137	Mindful Eating	
HLTH 095	Mindfulness-Based Health and Wellness	
Behavior Change		
HLTH 098*	Restore, Rejuvenate, Energize	
COMU 001	Healthy Brains, Healthy Bodies	
COMU 125	The Science of Happiness	
Travel		
HLTH 106	Bali: Consciousness, Culture and Communication	
HLTH 145	Women's Health and Spirituality	
HLTH 195	Mongolia: Traditional Mongolian Medicine and Cultural Immersion	
HLTH 295	Cuba: CAM Therapies in Cuban Health Care	
RMS 191	Iceland: Exploring Therapeutic Effects of Icelandic Thermal Springs	
HLTH 210	Mexico: Health and Culture Oaxaca	
Yoga		
PEAC 052	Yoga and Mindfulness	
PEAC 103	Yoga and Ayurveda	
PEAC 109	Yoga Asana and Philosophy	
PEAC 115	Yoga and the Chakras	
Energy Therapies		
HLTH 141	Healing Touch Level I	
HLTH 109	Energy Medicine	
HLTH 142	Healing Touch Level II	
HLTH 143	Healing Touch Level III	
HLTH 144	Healing Touch Level IV	
HLTH 146	Healing Touch Level V	
HLTH 160	Meridians, Systems and Organs	
Integrative Nutrition and Herbalism		
ENVS 195	Plant-Based Healing Medicine	
Integrative Health & Wellness Coaching		
COMU 122	Family Wellness Coaching	
Independent Study Options		
HLTH 297	Integrative Health Independent Study	
HLTH 291	Integrative Health Teaching Assistantship	

*HLTH 101 is an on line class and has a recommended interactive lab, HLTH 098, a face to face class.

View the UVM Course Directory for descriptions and availability. This certificate is available to students in all majors.