



**Santa Monica College
Yoga & Pilates Certificate Advisory Board Meeting Minutes
August 19, 2024, 10:00am**

Welcome and Opening Statement:

Elaine Roque, Kinesiology Department Head

Introduction of SMC Faculty, Deans and Others:

Johanna Bennett: SMC Associate Professor, Kinesiology–Yoga

Karen Huner: SMC Associate Professor Kinesiology, Kinesiology Yoga/Pilates

Katelyn Qualey: SMC Adjunct Professor, Pilates/Yoga/Life Sciences

Steven Sedkey: SMC Associate Dean, Career Education & New Program Development

Linda Sullivan: SMC Associate Dean Facilities Programming

Introduction of Board Members:

Joelle Simmons, Aquatic program manager, City of Santa Monica

Kari Ross–Berry, Associate Professor of Exercise Science, Yoga, Southwestern College

Jason Burghorn: Pilates instructor/owner, Core Power Studio, Sherman Oaks.

Amit Heri: Yoga Instructor/owner, Magic Carpet Yoga, Los Angeles

Rick Rafael: Physical Therapist, Sportsfit, Los Angeles

Absent: Miwa Sakamoto, Pilates teacher

Guests:

Gizem Muftoglu: SMC student/certified Pilates instructor

Uche Ani: Psychologist First Points, Group, Neurodivergent Students

Johanna Bennett: Presentation of proposed yoga certificate program

Karen Huner: Presentation of proposed Pilates certificate program

Discussion:

Class Creations: Johanna presented a slide presentation detailing the 200–hour Yoga Certificate Program and its benefit to the SMC community and student body.

Rick Rafael posed the question of working with injuries because many people are referred to yoga and Pilates to repair injury and pain. Johanna responded by suggesting this question reflects the possibility of job security inherent in completing these certificate programs. In



addition, she explained that these certificate programs are meant for students to first learn about teaching to beginning level healthy bodies and work with clients/students after physical therapy/injuries. This was confirmed by both Kari Ross-Berry and Karen Huner. It was stated that these certificate programs prepare the instructor to teach entry level practices, and that lifelong learning is a part of this field. Learning also takes place while teaching and encountering divergent populations that seek these services. Elaine also mentioned the option that students could take additional classes like PRO CR 11: *Introduction to Sports Injuries*, to supplement their knowledge especially if they wish to teach to injured populations. Amit Heri added that it is important to teach (for the Yoga certificate) the Yama and Niyama, to ground the teachings in a non-violent and compassionate manner. Johanna confirmed that these concepts are built into the certificate program already. They are a requirement of the Yoga Alliance schools.

Class Structure: Class structure was discussed particularly for Pilates due to the technique's nature. How many students per class? Can the Pilates program start with Mat and Reformer only without losing integrity of the certificate program as compared to other colleges with similar programs? Board members said it would be a good start to begin with Mat and Reformer and to add Apparatus later as the Pilates Program grows. Details of Pilates certificate to be emailed to board after meeting to save time during meeting.

Ideas: The Board was asked to give feedback during the meeting or later by email. Each board member expressed enthusiasm and support for our program. Kari Ross shared her experience with the program at Southwestern College and helped us formulate ours. Her program is extremely successful. Board members welcomed us to reach out to them at any time with questions or for help.

The meeting adjourned at approximately 11:05am.

Vote to support SMC Certificate Program by email after meeting:

For: Joelle Simmons, Kari Ross-Berry, Rick Rafael, Miwa Sakamoto, Amit Heri and Jason Burghorn

Against: 0

Abstain: 0

Next Meeting: TBD