



CHAIR YOGA & MINDFUL PRACTICES FOR TEENS

COURSE SCHEDULE – DECEMBER 2021

The course includes both self-paced and instructor-guided components.

Self-paced coursework includes prerecorded videos, downloadable lesson plans, and curriculum. We recommend that you begin self-paced coursework on the start date of the course.

Instructor-guided coursework includes live 1-hour weekly sessions between the start date and end date of the course, personalized feedback, interactive assignments, and a final project.

KEY DATES

- Start Date – **December 9**
- End Date – **January 27**
- Final Project Due Date – **February 10**

CHECK-IN SCHEDULE

Check-ins for this session are at **3:30–4:30pm Pacific | 6:30–7:30pm Eastern on Mondays**. All weekly check-ins are recorded so if you are unable to attend live, you may watch the recording(s). *Note: No meet-up on Monday, December 27th due to Christmas/New Year Holiday*

- Week 1: Introduction – **December 13**
- Week 2: Yoga, Mindfulness, and the Classroom– **December 20**
- Week 3: Lesson Planning – **January 3**
- Week 4: Chair Yoga Breathing, Poses, Brain Breaks, and Relaxation – **January 10**
- Week 5: Implementation Strategies – **January 17**
- Week 6: Course Finale – **January 24**