



## CHAIR YOGA & MINDFUL PRACTICES FOR TEENS

### COURSE SCHEDULE – FEBRUARY 2022

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 – **February 10**
- End Date – **March 24**
- Final Project Due Date – **April 7**

#### 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).

- Week 1: Introduction – **February 14**
- Week 2: Yoga, Mindfulness, and the Classroom – **February 21**
- Week 3: Lesson Planning – **February 28**
- Week 4: Chair Yoga Breathing, Poses, Brain Breaks, and Relaxation – **March 7**
- Week 5: Implementation Strategies – **March 14**
- Week 6: Course Finale – **March 21**