



CHAIR YOGA & MINDFUL PRACTICES FOR TEENS

COURSE SCHEDULE – JANUARY 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 – **January 13**
- End Date – **February 24**
- Final Project Due Date – **March 10**

CHECK-IN SCHEDULE

Check-ins for this session are at **5:00–6:00pm Pacific | 8:00–9:00pm 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 – **January 17**
- Week 2: Yoga, Mindfulness, and the Classroom – **January 24**
- Week 3: Lesson Planning – **January 31**
- Week 4: Chair Yoga Breathing, Poses, Brain Breaks, and Relaxation – **February 7**
- Week 5: Implementation Strategies – **February 14**
- Week 6: Course Finale – **February 21**