



# TRAUMA-INFORMED CHAIR YOGA & MINDFUL PRACTICES

## COURSE SCHEDULE – MARCH 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 – **March 10**
- End Date – **April 21**
- Final Project Due Date – **May 5**

### CHECK-IN SCHEDULE

Check-ins for this session are at **5:00–6:00pm Pacific | 8:00–9:00pm Eastern on Tuesdays**. All weekly check-ins are recorded so if you are unable to attend live, you may watch the recording(s).

- Week 1: Introduction – **March 15**
- Week 2: Trauma and Youth – **March 22**
- Week 3: Lesson Planning – **March 29**
- Week 4: Chair Yoga Breathing, Poses, and Relaxation – **April 5**
- Week 5: Teaching Philosophies – **April 12**
- Week 6: Implementation – **April 19**