



TRAUMA-INFORMED YOGA FOR YOUTH

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 – **February 2**
- Final Project Due Date – **February 16**

CHECK-IN SCHEDULE

Check-ins for this session are at **3:30–4:30pm Pacific | 6:30–7:30pm Eastern on Wednesdays**. All weekly check-ins are recorded so if you are unable to attend live, you may watch the recording(s).

- Week 1: Introduction – **December 15**
- Week 2: Understanding Trauma – **December 22**
- Week 3: Teaching Philosophy – **December 29**
- Week 4: How to Create a Safe Space for Learning – **January 5**
- Week 5: Trauma-Informed Yoga Education – **January 12**
- Week 6: Yoga Breathing, Warm-Ups, and Poses – **January 19**
- Week 7: Partner Poses, Games, and Relaxation – **January 26**
- Week 8: Course Finale – **February 2**