

## TRAUMA-INFORMED YOGA FOR YOUTH

### 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 – **March 9**
- Final Project Due Date – **March 23**

#### CHECK-IN SCHEDULE

Check-ins for this session are at **5:00–6:00pm Pacific | 8:00–9:00pm 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 – **January 19**
- Week 2: Understanding Trauma – **January 26**
- Week 3: Teaching Philosophy – **February 2**
- Week 4: How to Create a Safe Space for Learning – **February 9**
- Week 5: Trauma-Informed Yoga Education – **February 16**
- Week 6: Yoga Breathing, Warm-Ups, and Poses – **February 23**
- Week 7: Partner Poses, Games, and Relaxation – **March 2**
- Week 8: Course Finale – **March 9**