

RCYT CERTIFICATE PROGRAM – ACCELERATED

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**
- Practicum Due – **May 16**

CHECK-IN SCHEDULE

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

- Teaching Children’s Yoga: Week 1 – **Monday, December 13**
- Teaching Teen’s Yoga: Week 1 – **Tuesday, December 14**
- Trauma-Informed Yoga for Youth: Week 1 – **Wednesday, December 15**
- Teaching Children’s Yoga: Week 2 – **Monday, December 20**
- Teaching Teen’s Yoga: Week 2 – **Tuesday, December 21**
- Trauma-Informed Yoga for Youth: Week 2 – **Wednesday, December 23**
- Teaching Children’s Yoga: Week 3 – **Monday, December 27**
- Teaching Teen’s Yoga: Week 3 – **Tuesday, December 28**
- Trauma-Informed Yoga for Youth: Week 3 – **Wednesday, December 29**

- Teaching Children's Yoga: Week 4 – **Monday, January 3**
- Teaching Teen's Yoga: Week 4 – **Tuesday, January 4**
- Trauma-Informed Yoga for Youth: Week 4 – **Wednesday, January 5**
- Teaching Children's Yoga: Week 5 – **Monday, January 10**
- Teaching Teen's Yoga: Week 5 – **Tuesday, January 11**
- Trauma-Informed Yoga for Youth: Week 5 – **Wednesday, January 12**
- Teaching Children's Yoga: Week 6 – **Monday, January 17**
- Teaching Teen's Yoga: Week 6 – **Tuesday, January 18**
- Trauma-Informed Yoga for Youth: Week 6 – **Wednesday, January 19**
- Teaching Children's Yoga: Week 7 – **Monday, January 24**
- Teaching Teen's Yoga: Week 7 – **Tuesday, January 25**
- Trauma-Informed Yoga for Youth: Week 7 – **Wednesday, January 26**
- Teaching Children's Yoga: Week 8 – **Monday, January 31**
- Teaching Teen's Yoga: Week 8 – **Tuesday, February 1**
- Trauma-Informed Yoga for Youth: Week 8 – **Wednesday, February 2**