

RCYT CERTIFICATE PROGRAM – ACCELERATED

COURSE SCHEDULE – FEBRUARY 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 – **February 10**
- End Date – **April 6**
- Final Project Due Date – **April 20**
- Practicum Due – **July 20**

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, February 14**
- Teaching Teen’s Yoga: Week 1 – **Tuesday, February 15**
- Trauma-Informed Yoga for Youth: Week 1 – **Wednesday, February 16**
- Teaching Children’s Yoga: Week 2 – **Monday, February 21**
- Teaching Teen’s Yoga: Week 2 – **Tuesday, February 22**
- Trauma-Informed Yoga for Youth: Week 2 – **Wednesday, February 23**
- Teaching Children’s Yoga: Week 3 – **Monday, February 28**
- Teaching Teen’s Yoga: Week 3 – **Tuesday, March 1**
- Trauma-Informed Yoga for Youth: Week 3 – **Wednesday, March 2**

- Teaching Children's Yoga: Week 4 – **Monday, March 7**
- Teaching Teen's Yoga: Week 4 – **Tuesday, March 8**
- Trauma-Informed Yoga for Youth: Week 4 – **Wednesday, March 9**
- Teaching Children's Yoga: Week 5 – **Monday, March 14**
- Teaching Teen's Yoga: Week 5 – **Tuesday, March 15**
- Trauma-Informed Yoga for Youth: Week 5 – **Wednesday, March 16**
- Teaching Children's Yoga: Week 6 – **Monday, March 21**
- Teaching Teen's Yoga: Week 6 – **Tuesday, March 22**
- Trauma-Informed Yoga for Youth: Week 6 – **Wednesday, March 23**
- Teaching Children's Yoga: Week 7 – **Monday, March 28**
- Teaching Teen's Yoga: Week 7 – **Tuesday, March 29**
- Trauma-Informed Yoga for Youth: Week 7 – **Wednesday, March 30**
- Teaching Children's Yoga: Week 8 – **Monday, April 4**
- Teaching Teen's Yoga: Week 8 – **Tuesday, April 5**
- Trauma-Informed Yoga for Youth: Week 8 – **Wednesday, April 6**