

RCYT CERTIFICATE PROGRAM – ACCELERATED

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**
- Practicum Due – **June 23**

CHECK-IN SCHEDULE

Check-ins for this session are at **5:00–6:00pm Pacific | 8:00–9:00pm 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, January 17**
- Teaching Teen’s Yoga: Week 1 – **Tuesday, January 18**
- Trauma-Informed Yoga for Youth: Week 1 – **Wednesday, January 19**
- Teaching Children’s Yoga: Week 2 – **Monday, January 24**
- Teaching Teen’s Yoga: Week 2 – **Tuesday, January 25**
- Trauma-Informed Yoga for Youth: Week 2 – **Wednesday, January 26**
- Teaching Children’s Yoga: Week 3 – **Monday, January 31**
- Teaching Teen’s Yoga: Week 3 – **Tuesday, February 1**
- Trauma-Informed Yoga for Youth: Week 3 – **Wednesday, February 2**

- Teaching Children's Yoga: Week 4 – **Monday, February 7**
- Teaching Teen's Yoga: Week 4 – **Tuesday, February 8**
- Trauma-Informed Yoga for Youth: Week 4 – **Wednesday, February 9**
- Teaching Children's Yoga: Week 5 – **Monday, February 14**
- Teaching Teen's Yoga: Week 5 – **Tuesday, February 15**
- Trauma-Informed Yoga for Youth: Week 5 – **Wednesday, February 16**
- Teaching Children's Yoga: Week 6 – **Monday, February 21**
- Teaching Teen's Yoga: Week 6 – **Tuesday, February 22**
- Trauma-Informed Yoga for Youth: Week 6 – **Wednesday, February 23**
- Teaching Children's Yoga: Week 7 – **Monday, February 28**
- Teaching Teen's Yoga: Week 7 – **Tuesday, March 1**
- Trauma-Informed Yoga for Youth: Week 7 – **Wednesday, March 2**
- Teaching Children's Yoga: Week 8 – **Monday, March 7**
- Teaching Teen's Yoga: Week 8 – **Tuesday, March 8**
- Trauma-Informed Yoga for Youth: Week 8 – **Wednesday, March 9**