

RCYT CERTIFICATE PROGRAM – ACCELERATED

COURSE SCHEDULE – MARCH 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 – **March 10**
- End Date – **May 4**
- Final Project Due Date – **May 18**
- Practicum Due – **August 18**

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, March 14**
- Teaching Teen’s Yoga: Week 1 – **Tuesday, March 15**
- Trauma-Informed Yoga for Youth: Week 1 – **Wednesday, March 16**
- Teaching Children’s Yoga: Week 2 – **Monday, March 21**
- Teaching Teen’s Yoga: Week 2 – **Tuesday, March 22**
- Trauma-Informed Yoga for Youth: Week 2 – **Wednesday, March 23**
- Teaching Children’s Yoga: Week 3 – **Monday, March 28**
- Teaching Teen’s Yoga: Week 3 – **Tuesday, March 29**
- Trauma-Informed Yoga for Youth: Week 3 – **Wednesday, March 30**

- Teaching Children's Yoga: Week 4 – **Monday, April 4**
- Teaching Teen's Yoga: Week 4 – **Tuesday, April 5**
- Trauma-Informed Yoga for Youth: Week 4 – **Wednesday, April 6**
- Teaching Children's Yoga: Week 5 – **Monday, April 11**
- Teaching Teen's Yoga: Week 5 – **Tuesday, April 12**
- Trauma-Informed Yoga for Youth: Week 5 – **Wednesday, April 13**
- Teaching Children's Yoga: Week 6 – **Monday, April 18**
- Teaching Teen's Yoga: Week 6 – **Tuesday, April 19**
- Trauma-Informed Yoga for Youth: Week 6 – **Wednesday, April 20**
- Teaching Children's Yoga: Week 7 – **Monday, April 25**
- Teaching Teen's Yoga: Week 7 – **Tuesday, April 26**
- Trauma-Informed Yoga for Youth: Week 7 – **Wednesday, April 27**
- Teaching Children's Yoga: Week 8 – **Monday, May 2**
- Teaching Teen's Yoga: Week 8 – **Tuesday, May 3**
- Trauma-Informed Yoga for Youth: Week 8 – **Wednesday, May 4**