

## RCYT CERTIFICATE PROGRAM – ACCELERATED

### COURSE SCHEDULE – NOVEMBER 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 – **November 11**
- End Date – **January 5**
- Final Project Due Date – **January 19**
- Practicum Due – **April 19**

#### 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, November 15**
- Teaching Teen’s Yoga: Week 1 – **Tuesday, November 16**
- Trauma-Informed Yoga for Youth: Week 1 – **Wednesday, November 17**
- Teaching Children’s Yoga: Week 2 – **Monday, November 22**
- Teaching Teen’s Yoga: Week 2 – **Tuesday, November 23**
- Trauma-Informed Yoga for Youth: Week 2 – **Wednesday, November 24**
- Teaching Children’s Yoga: Week 3 – **Monday, November 29**
- Teaching Teen’s Yoga: Week 3 – **Tuesday, November 30**
- Trauma-Informed Yoga for Youth: Week 3 – **Wednesday, December 1**

- Teaching Children's Yoga: Week 4 – **Monday, December 6**
- Teaching Teen's Yoga: Week 4 – **Tuesday, December 7**
- Trauma-Informed Yoga for Youth: Week 4 – **Wednesday, December 8**
- Teaching Children's Yoga: Week 5 – **Monday, December 13**
- Teaching Teen's Yoga: Week 5 – **Tuesday, December 14**
- Trauma-Informed Yoga for Youth: Week 5 – **Wednesday, December 15**
- Teaching Children's Yoga: Week 6 – **Monday, December 20**
- Teaching Teen's Yoga: Week 6 – **Tuesday, December 21**
- Trauma-Informed Yoga for Youth: Week 6 – **Wednesday, December 22**
- Teaching Children's Yoga: Week 7 – **Monday, December 27**
- Teaching Teen's Yoga: Week 7 – **Tuesday, December 28**
- Trauma-Informed Yoga for Youth: Week 7 – **Wednesday, December 29**
- Teaching Children's Yoga: Week 8 – **Monday, January 3**
- Teaching Teen's Yoga: Week 8 – **Tuesday, January 4**
- Trauma-Informed Yoga for Youth: Week 8 – **Wednesday, January 5**