

## RCYT CERTIFICATE PROGRAM – STANDARD

### 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

- Courses Start Date – **December 9**
  - ✓ Teaching Children’s Yoga – December 9 - February 2, final project due: February 16
  - ✓ Teaching Teen’s Yoga – February 10 - April 6, final project due: April 20
  - ✓ Trauma-Informed Yoga for Youth – April 14 - June 8, final project due: June 22
- Courses End Date – **June 8**
- Practicum Due – **September 22**

#### CHECK-IN SCHEDULE

Check-ins for this session are at **3:30–4:30pm Pacific | 6:30–7:30pm Eastern** on **Mondays (December 9 - February 2), Tuesdays (February 10 - April 6), and Wednesdays (April 14 - June 8)**. 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 Children’s Yoga: Week 2 – **Monday, December 20**
- Teaching Children’s Yoga: Week 3 – **Monday, December 27**
- Teaching Children’s Yoga: Week 4 – **Monday, January 3**
- Teaching Children’s Yoga: Week 5 – **Monday, January 10**
- Teaching Children’s Yoga: Week 6 – **Monday, January 17**
- Teaching Children’s Yoga: Week 7 – **Monday, January 24**

- Teaching Children's Yoga: Week 8 – **Monday, January 31**
- Teaching Teen's Yoga: Week 1 – **Tuesday, February 15**
- Teaching Teen's Yoga: Week 2 – **Tuesday, February 22**
- Teaching Teen's Yoga: Week 3 – **Tuesday, March 1**
- Teaching Teen's Yoga: Week 4 – **Tuesday, March 8**
- Teaching Teen's Yoga: Week 5 – **Tuesday, March 15**
- Teaching Teen's Yoga: Week 6 – **Tuesday, March 22**
- Teaching Teen's Yoga: Week 7 – **Tuesday, March 29**
- Teaching Teen's Yoga: Week 8 – **Tuesday, April 5**
- Trauma-Informed Yoga for Youth: Week 1 – **Wednesday, April 20**
- Trauma-Informed Yoga for Youth: Week 2 – **Wednesday, April 27**
- Trauma-Informed Yoga for Youth: Week 3 – **Wednesday, May 4**
- Trauma-Informed Yoga for Youth: Week 4 – **Wednesday, May 11**
- Trauma-Informed Yoga for Youth: Week 5 – **Wednesday, May 18**
- Trauma-Informed Yoga for Youth: Week 6 – **Wednesday, May 25**
- Trauma-Informed Yoga for Youth: Week 7 – **Wednesday, June 1**
- Trauma-Informed Yoga for Youth: Week 8 – **Wednesday, June 8**