

## RCYT CERTIFICATE PROGRAM – STANDARD

### 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

- Courses Start Date – **February 10**
  - ✓ Teaching Children’s Yoga – February 10 - April 6, final project due: April 20
  - ✓ Teaching Teen’s Yoga – April 14 - June 8, final project due: June 22
  - ✓ Trauma-Informed Yoga for Youth – June 9 - August 3, final project due: August 17
- Courses End Date – **August 3**
- Practicum Due – **November 17**

#### CHECK-IN SCHEDULE

Check-ins for this session are at **3:30–4:30pm Pacific | 6:30–7:30pm Eastern** on **Mondays (February 10 - April 6), Tuesdays (April 14 - June 8), and Wednesdays (June 9 - August 3)**. 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 Children’s Yoga: Week 2 – **Monday, February 21**
- Teaching Children’s Yoga: Week 3 – **Monday, February 28**
- Teaching Children’s Yoga: Week 4 – **Monday, March 7**
- Teaching Children’s Yoga: Week 5 – **Monday, March 14**
- Teaching Children’s Yoga: Week 6 – **Monday, March 21**
- Teaching Children’s Yoga: Week 7 – **Monday, March 28**

- Teaching Children's Yoga: Week 8 – **Monday, April 4**
- Teaching Teen's Yoga: Week 1 – **Tuesday, April 19**
- Teaching Teen's Yoga: Week 2 – **Tuesday, April 26**
- Teaching Teen's Yoga: Week 3 – **Tuesday, May 3**
- Teaching Teen's Yoga: Week 4 – **Tuesday, May 10**
- Teaching Teen's Yoga: Week 5 – **Tuesday, May 17**
- Teaching Teen's Yoga: Week 6 – **Tuesday, May 24**
- Teaching Teen's Yoga: Week 7 – **Tuesday, May 31**
- Teaching Teen's Yoga: Week 8 – **Tuesday, June 7**
- Trauma-Informed Yoga for Youth: Week 1 – **Wednesday, June 15**
- Trauma-Informed Yoga for Youth: Week 2 – **Wednesday, June 22**
- Trauma-Informed Yoga for Youth: Week 3 – **Wednesday, June 29**
- Trauma-Informed Yoga for Youth: Week 4 – **Wednesday, July 6**
- Trauma-Informed Yoga for Youth: Week 5 – **Wednesday, July 13**
- Trauma-Informed Yoga for Youth: Week 6 – **Wednesday, July 20**
- Trauma-Informed Yoga for Youth: Week 7 – **Wednesday, July 27**
- Trauma-Informed Yoga for Youth: Week 8 – **Wednesday, August 3**