

RCYT CERTIFICATE PROGRAM – STANDARD

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

- Courses Start Date – **January 13**
 - ✓ Teaching Children’s Yoga – January 13 - March 9, final project due: March 23
 - ✓ Teaching Teen’s Yoga – March 10 - May 4, final project due: May 18
 - ✓ Trauma-Informed Yoga for Youth – May 12 - July 6, final project due: July 20
- Courses End Date – **July 6**
- Practicum Due – **October 20**

CHECK-IN SCHEDULE

Check-ins for this session are at **5:00–6:00pm Pacific | 8:00–9:00pm Eastern** on **Mondays (January 13 - March 9), Tuesdays (March 10 - May 4), and Wednesdays (May 12 - July 6)**. 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 Children’s Yoga: Week 2 – **Monday, January 24**
- Teaching Children’s Yoga: Week 3 – **Monday, January 31**
- Teaching Children’s Yoga: Week 4 – **Monday, February 7**
- Teaching Children’s Yoga: Week 5 – **Monday, February 14**
- Teaching Children’s Yoga: Week 6 – **Monday, February 21**
- Teaching Children’s Yoga: Week 7 – **Monday, February 28**

- Teaching Children's Yoga: Week 8 – **Monday, March 7**
- Teaching Teen's Yoga: Week 1 – **Tuesday, March 15**
- Teaching Teen's Yoga: Week 2 – **Tuesday, March 22**
- Teaching Teen's Yoga: Week 3 – **Tuesday, March 29**
- Teaching Teen's Yoga: Week 4 – **Tuesday, April 5**
- Teaching Teen's Yoga: Week 5 – **Tuesday, April 12**
- Teaching Teen's Yoga: Week 6 – **Tuesday, April 19**
- Teaching Teen's Yoga: Week 7 – **Tuesday, April 26**
- Teaching Teen's Yoga: Week 8 – **Tuesday, May 3**
- Trauma-Informed Yoga for Youth: Week 1 – **Wednesday, May 18**
- Trauma-Informed Yoga for Youth: Week 2 – **Wednesday, May 25**
- Trauma-Informed Yoga for Youth: Week 3 – **Wednesday, June 1**
- Trauma-Informed Yoga for Youth: Week 4 – **Wednesday, June 8**
- Trauma-Informed Yoga for Youth: Week 5 – **Wednesday, June 15**
- Trauma-Informed Yoga for Youth: Week 6 – **Wednesday, June 22**
- Trauma-Informed Yoga for Youth: Week 7 – **Wednesday, June 29**
- Trauma-Informed Yoga for Youth: Week 8 – **Wednesday, July 6**