

## RCYT CERTIFICATE PROGRAM – STANDARD

### 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

- Courses Start Date – **March 10**
  - ✓ Teaching Children’s Yoga – March 10 - May 4, final project due: May 18
  - ✓ Teaching Teen’s Yoga – May 12 - July 6, final project due: July 20
  - ✓ Trauma-Informed Yoga for Youth – July 14 - September 7, final project due: September 21
- Courses End Date – **September 7**
- Practicum Due – **December 21**

#### CHECK-IN SCHEDULE

Check-ins for this session are at **5:00–6:00pm Pacific | 8:00–9:00pm Eastern** on **Mondays (March 10 - May 4), Tuesdays (May 12 - July 6), and Wednesdays (July 14 - September 7)**. 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 17**
- Teaching Children’s Yoga: Week 2 – **Monday, March 21**
- Teaching Children’s Yoga: Week 3 – **Monday, March 28**
- Teaching Children’s Yoga: Week 4 – **Monday, April 4**
- Teaching Children’s Yoga: Week 5 – **Monday, April 11**
- Teaching Children’s Yoga: Week 6 – **Monday, April 18**
- Teaching Children’s Yoga: Week 7 – **Monday, April 25**

- Teaching Children's Yoga: Week 8 – **Monday, May 2**
- Teaching Teen's Yoga: Week 1 – **Tuesday, May 17**
- Teaching Teen's Yoga: Week 2 – **Tuesday, May 24**
- Teaching Teen's Yoga: Week 3 – **Tuesday, May 31**
- Teaching Teen's Yoga: Week 4 – **Tuesday, June 7**
- Teaching Teen's Yoga: Week 5 – **Tuesday, June 14**
- Teaching Teen's Yoga: Week 6 – **Tuesday, June 21**
- Teaching Teen's Yoga: Week 7 – **Tuesday, June 28**
- Teaching Teen's Yoga: Week 8 – **Tuesday, July 5**
- Trauma-Informed Yoga for Youth: Week 1 – **Wednesday, July 20**
- Trauma-Informed Yoga for Youth: Week 2 – **Wednesday, July 28**
- Trauma-Informed Yoga for Youth: Week 3 – **Wednesday, August 3**
- Trauma-Informed Yoga for Youth: Week 4 – **Wednesday, August 10**
- Trauma-Informed Yoga for Youth: Week 5 – **Wednesday, August 17**
- Trauma-Informed Yoga for Youth: Week 6 – **Wednesday, August 24**
- Trauma-Informed Yoga for Youth: Week 7 – **Wednesday, August 21**
- Trauma-Informed Yoga for Youth: Week 8 – **Wednesday, September 7**