

RCYT CERTIFICATE PROGRAM – STANDARD

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

- Courses Start Date – **November 11**
 - ✓ Teaching Children’s Yoga – November 11 - January 5, final project due: January 19
 - ✓ Teaching Teen’s Yoga – January 13 - March 9, final project due: March 23
 - ✓ Trauma-Informed Yoga for Youth – March 10 - May 4, final project due: May 18
- Courses End Date – **May 4**
- Practicum Due – **August 18**

CHECK-IN SCHEDULE

Check-ins for this session are at **5:00–6:00pm Pacific | 8:00–9:00pm Eastern** on **Mondays (November 11 - January 5), Tuesdays (January 13 - March 9), and Wednesdays (March 10 - May 4)**. 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 Children’s Yoga: Week 2 – **Monday, November 22**
- Teaching Children’s Yoga: Week 3 – **Monday, November 29**
- Teaching Children’s Yoga: Week 4 – **Monday, December 6**
- Teaching Children’s Yoga: Week 5 – **Monday, December 13**
- Teaching Children’s Yoga: Week 6 – **Monday, December 20**
- Teaching Children’s Yoga: Week 7 – **Monday, December 27**

- Teaching Children's Yoga: Week 8 – **Monday, December 3**
- Teaching Teen's Yoga: Week 1 – **Tuesday, January 18**
- Teaching Teen's Yoga: Week 2 – **Tuesday, January 25**
- Teaching Teen's Yoga: Week 3 – **Tuesday, February 1**
- Teaching Teen's Yoga: Week 4 – **Tuesday, February 8**
- Teaching Teen's Yoga: Week 5 – **Tuesday, February 15**
- Teaching Teen's Yoga: Week 6 – **Tuesday, February 22**
- Teaching Teen's Yoga: Week 7 – **Tuesday, March 1**
- Teaching Teen's Yoga: Week 8 – **Tuesday, March 8**
- Trauma-Informed Yoga for Youth: Week 1 – **Wednesday, March 16**
- Trauma-Informed Yoga for Youth: Week 2 – **Wednesday, March 23**
- Trauma-Informed Yoga for Youth: Week 3 – **Wednesday, March 30**
- Trauma-Informed Yoga for Youth: Week 4 – **Wednesday, April 6**
- Trauma-Informed Yoga for Youth: Week 5 – **Wednesday, April 13**
- Trauma-Informed Yoga for Youth: Week 6 – **Wednesday, April 20**
- Trauma-Informed Yoga for Youth: Week 7 – **Wednesday, April 27**
- Trauma-Informed Yoga for Youth: Week 8 – **Wednesday, May 4**