

RCYT CERTIFICATE PROGRAM – STANDARD

COURSE SCHEDULE – APRIL 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 – **April 14**
 - ✓ Teaching Children’s Yoga – April 14 - June 8, final project due: June 22
 - ✓ Teaching Teen’s Yoga – June 9 - August 3, final project due: August 17
 - ✓ Trauma-Informed Yoga for Youth – August 11 - October 5, final project due: October 19
- Courses End Date – **October 5**
- Practicum Due – **January 19, 2023**

CHECK-IN SCHEDULE

Check-ins for this session are at **3:30–4:30pm Pacific | 6:30–7:30pm Eastern** on **Mondays (April 14 - June 8), Tuesdays (June 9 - August 3), and Wednesdays (August 11 - October 5)**. 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, April 18**
- Teaching Children’s Yoga: Week 2 – **Monday, April 25**
- Teaching Children’s Yoga: Week 3 – **Monday, May 2**
- Teaching Children’s Yoga: Week 4 – **Monday, May 9**
- Teaching Children’s Yoga: Week 5 – **Monday, May 16**
- Teaching Children’s Yoga: Week 6 – **Monday, May 23**
- Teaching Children’s Yoga: Week 7 – **Monday, May 30**

- Teaching Children's Yoga: Week 8 – **Monday, June 6**
- Teaching Teen's Yoga: Week 1 – **Tuesday, June 14**
- Teaching Teen's Yoga: Week 2 – **Tuesday, June 21**
- Teaching Teen's Yoga: Week 3 – **Tuesday, June 28**
- Teaching Teen's Yoga: Week 4 – **Tuesday, July 5**
- Teaching Teen's Yoga: Week 5 – **Tuesday, July 12**
- Teaching Teen's Yoga: Week 6 – **Tuesday, July 19**
- Teaching Teen's Yoga: Week 7 – **Tuesday, July 26**
- Teaching Teen's Yoga: Week 8 – **Tuesday, August 2**
- Trauma-Informed Yoga for Youth: Week 1 – **Wednesday, August 17**
- Trauma-Informed Yoga for Youth: Week 2 – **Wednesday, August 24**
- Trauma-Informed Yoga for Youth: Week 3 – **Wednesday, August 31**
- Trauma-Informed Yoga for Youth: Week 4 – **Wednesday, September 7**
- Trauma-Informed Yoga for Youth: Week 5 – **Wednesday, September 14**
- Trauma-Informed Yoga for Youth: Week 6 – **Wednesday, September 21**
- Trauma-Informed Yoga for Youth: Week 7 – **Wednesday, September 28**
- Trauma-Informed Yoga for Youth: Week 8 – **Wednesday, October 5**