



TEACHING CHILDREN'S YOGA

COURSE SCHEDULE – JUNE 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

- Start Date – **June 9**
- End Date – **August 3**
- Final Project Due Date – **August 17**

CHECK-IN SCHEDULE

Check-ins for this session are at **3:30–4:30pm Pacific | 6:30–7:30pm Eastern on Mondays***. All weekly check-ins are recorded so if you are unable to attend live, you may watch the recording(s).

*The Monday, July 4th meet-up will be moved to **Friday, July 1 at 3:30pm PT | 6:30pm ET** due to the Independence Day holiday in the US.

- Week 1: Introduction – **June 13**
- Week 2: Teaching Philosophy – **June 20**
- Week 3: Classroom Management – **June 27**
- Week 4: The Brain – **July 1***
- Week 5: Anatomy and Physiology – **July 11**
- Week 6: Yoga Breathing, Warm-Ups, and Poses – **July 18**
- Week 7: Partner Poses, Games, and Relaxation – **July 25**
- Week 8: Course Finale – **August 1**