

## RCYT CERTIFICATE PROGRAM – ACCELERATED

### COURSE SCHEDULE – MAY 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 – **May 12**
- End Date – **July 6**
- Final Project Due Date – **July 20**
- 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\***, **Tuesdays**, and **Wednesdays**. 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 5:00pm PT | 8:00pm ET** due to the Independence Day holiday in the US.

- Teaching Children’s Yoga: Week 1 – **Monday, May 16**
- Teaching Teen’s Yoga: Week 1 – **Tuesday, May 17**
- Trauma-Informed Yoga for Youth: Week 1 – **Wednesday, May 18**
- Teaching Children’s Yoga: Week 2 – **Monday, May 23**
- Teaching Teen’s Yoga: Week 2 – **Tuesday, May 24**
- Trauma-Informed Yoga for Youth: Week 2 – **Wednesday, May 25**

- Teaching Children's Yoga: Week 3 – **Monday, May 30**
- Teaching Teen's Yoga: Week 3 – **Tuesday, May 31**
- Trauma-Informed Yoga for Youth: Week 3 – **Wednesday, June 1**
- Teaching Children's Yoga: Week 4 – **Monday, June 6**
- Teaching Teen's Yoga: Week 4 – **Tuesday, June 7**
- Trauma-Informed Yoga for Youth: Week 4 – **Wednesday, June 8**
- Teaching Children's Yoga: Week 5 – **Monday, June 13**
- Teaching Teen's Yoga: Week 5 – **Tuesday, June 14**
- Trauma-Informed Yoga for Youth: Week 5 – **Wednesday, June 15**
- Teaching Children's Yoga: Week 6 – **Monday, June 20**
- Teaching Teen's Yoga: Week 6 – **Tuesday, June 21**
- Trauma-Informed Yoga for Youth: Week 6 – **Wednesday, June 22**
- Teaching Children's Yoga: Week 7 – **Monday, June 27**
- Teaching Teen's Yoga: Week 7 – **Tuesday, June 28**
- Trauma-Informed Yoga for Youth: Week 7 – **Wednesday, June 29**
- Teaching Children's Yoga: Week 8 – **Friday, July 1\***
- Teaching Teen's Yoga: Week 8 – **Tuesday, July 5**
- Trauma-Informed Yoga for Youth: Week 8 – **Wednesday, July 6**