

RCYT CERTIFICATE PROGRAM – STANDARD

COURSE SCHEDULE – JULY 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 – **July 14**
 - ✓ Teaching Children’s Yoga – July 14 - September 7, final project due: September 21
 - ✓ Teaching Teen’s Yoga – September 8 - November 2, final project due: November 16
 - ✓ Trauma-Informed Yoga for Youth – November 10 - January 11, final project due: January 25, 2023
- Courses End Date – **January 11, 2023**
- Practicum Due – **March 26, 2023**

CHECK-IN SCHEDULE

Check-ins for this session are at **5:00–6:00pm Pacific | 8:00–9:00pm Eastern** on Mondays (July 14 - September 7), Tuesdays (September 8 - November 2), and Wednesdays (November 10 - January 11). All weekly check-ins are recorded so if you are unable to attend live, you may watch the recording(s).

*There will be no meet up on Wednesday, December 28th due to the holiday season.

- Teaching Children’s Yoga: Week 1 – **Monday, July 18**
- Teaching Children’s Yoga: Week 2 – **Monday, July 25**

- Teaching Children's Yoga: Week 3 – **Monday, August 1**
- Teaching Children's Yoga: Week 4 – **Monday, August 8**
- Teaching Children's Yoga: Week 5 – **Monday, August 15**
- Teaching Children's Yoga: Week 6 – **Monday, August 22**
- Teaching Children's Yoga: Week 7 – **Monday, August 29**
- Teaching Children's Yoga: Week 8 – **Monday, September 5**
- Teaching Teen's Yoga: Week 1 – **Tuesday, September 13**
- Teaching Teen's Yoga: Week 2 – **Tuesday, September 20**
- Teaching Teen's Yoga: Week 3 – **Tuesday, September 27**
- Teaching Teen's Yoga: Week 4 – **Tuesday, October 4**
- Teaching Teen's Yoga: Week 5 – **Tuesday, October 11**
- Teaching Teen's Yoga: Week 6 – **Tuesday, October 18**
- Teaching Teen's Yoga: Week 7 – **Tuesday, October 25**
- Teaching Teen's Yoga: Week 8 – **Tuesday, November 1**
- Trauma-Informed Yoga for Youth: Week 1 – **Wednesday, November 16**
- Trauma-Informed Yoga for Youth: Week 2 – **Wednesday, November 23**
- Trauma-Informed Yoga for Youth: Week 3 – **Wednesday, November 30**
- Trauma-Informed Yoga for Youth: Week 4 – **Wednesday, December 7**
- Trauma-Informed Yoga for Youth: Week 5 – **Wednesday, December 14**
- Trauma-Informed Yoga for Youth: Week 6 – **Wednesday, December 21**
- Trauma-Informed Yoga for Youth: Week 7 – **Wednesday, January 4**
- Trauma-Informed Yoga for Youth: Week 8 – **Wednesday, January 11**