

RCYT CERTIFICATE PROGRAM – STANDARD

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

- Courses Start Date – **June 9**
 - ✓ Teaching Children’s Yoga – June 9 - August 3, final project due: August 17
 - ✓ Teaching Teen’s Yoga – August 11 - October 5, final project due: October 19
 - ✓ Trauma-Informed Yoga for Youth – October 13 - December 7, final project due: December 21
- Courses End Date – **December 7**
- Practicum Due – **March 7, 2023**

CHECK-IN SCHEDULE

Check-ins for this session are at **3:30–4:30pm Pacific | 6:30–7:30pm Eastern** on **Mondays*** (June 9 - August 3), **Tuesdays** (August 11 - October 5), and **Wednesdays** (October 13 - December 7). 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.

- Teaching Children’s Yoga: Week 1 – **Monday, June 13**
- Teaching Children’s Yoga: Week 2 – **Monday, June 20**
- Teaching Children’s Yoga: Week 3 – **Monday, June 27**

- Teaching Children's Yoga: Week 4 – **Friday, July 1***
- Teaching Children's Yoga: Week 5 – **Monday, July 11**
- Teaching Children's Yoga: Week 6 – **Monday, July 18**
- Teaching Children's Yoga: Week 7 – **Monday, July 25**
- Teaching Children's Yoga: Week 8 – **Monday, August 1**
- Teaching Teen's Yoga: Week 1 – **Tuesday, August 16**
- Teaching Teen's Yoga: Week 2 – **Tuesday, August 23**
- Teaching Teen's Yoga: Week 3 – **Tuesday, August 30**
- Teaching Teen's Yoga: Week 4 – **Tuesday, September 6**
- Teaching Teen's Yoga: Week 5 – **Tuesday, September 13**
- Teaching Teen's Yoga: Week 6 – **Tuesday, September 20**
- Teaching Teen's Yoga: Week 7 – **Tuesday, September 27**
- Teaching Teen's Yoga: Week 8 – **Tuesday, October 4**
- Trauma-Informed Yoga for Youth: Week 1 – **Wednesday, October 19**
- Trauma-Informed Yoga for Youth: Week 2 – **Wednesday, October 26**
- Trauma-Informed Yoga for Youth: Week 3 – **Wednesday, November 2**
- Trauma-Informed Yoga for Youth: Week 4 – **Wednesday, November 9**
- Trauma-Informed Yoga for Youth: Week 5 – **Wednesday, November 16**
- Trauma-Informed Yoga for Youth: Week 6 – **Wednesday, November 23**
- Trauma-Informed Yoga for Youth: Week 7 – **Wednesday, November 30**
- Trauma-Informed Yoga for Youth: Week 8 – **Wednesday, December 7**