

RCYT CERTIFICATE PROGRAM – STANDARD

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

- Courses Start Date – **May 12**
 - ✓ Teaching Children’s Yoga – May 12 - July 6, final project due: July 20
 - ✓ Teaching Teen’s Yoga – July 14 - September 7, final project due: September 21
 - ✓ Trauma-Informed Yoga for Youth – September 8 - November 2, final project due: November 16
- Courses End Date – **November 2**
- Practicum Due – **February 2, 2023**

CHECK-IN SCHEDULE

Check-ins for this session are at **5:00–6:00pm Pacific | 8:00–9:00pm Eastern** on Mondays (May 12 - July 6), Tuesdays (July 14 - September 7), and Wednesdays (September 8 - November 2). 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 Children’s Yoga: Week 2 – **Monday, May 23**
- Teaching Children’s Yoga: Week 3 – **Monday, May 30**

- Teaching Children's Yoga: Week 4 – **Monday, June 6**
- Teaching Children's Yoga: Week 5 – **Monday, June 13**
- Teaching Children's Yoga: Week 6 – **Monday, June 20**
- Teaching Children's Yoga: Week 7 – **Monday, June 27**
- Teaching Children's Yoga: Week 8 – **Friday, July 1***
- Teaching Teen's Yoga: Week 1 – **Tuesday, July 19**
- Teaching Teen's Yoga: Week 2 – **Tuesday, July 26**
- Teaching Teen's Yoga: Week 3 – **Tuesday, August 2**
- Teaching Teen's Yoga: Week 4 – **Tuesday, August 9**
- Teaching Teen's Yoga: Week 5 – **Tuesday, August 16**
- Teaching Teen's Yoga: Week 6 – **Tuesday, August 23**
- Teaching Teen's Yoga: Week 7 – **Tuesday, August 30**
- Teaching Teen's Yoga: Week 8 – **Tuesday, September 6**
- Trauma-Informed Yoga for Youth: Week 1 – **Wednesday, September 14**
- Trauma-Informed Yoga for Youth: Week 2 – **Wednesday, September 21**
- Trauma-Informed Yoga for Youth: Week 3 – **Wednesday, September 28**
- Trauma-Informed Yoga for Youth: Week 4 – **Wednesday, October 5**
- Trauma-Informed Yoga for Youth: Week 5 – **Wednesday, October 12**
- Trauma-Informed Yoga for Youth: Week 6 – **Wednesday, October 19**
- Trauma-Informed Yoga for Youth: Week 7 – **Wednesday, October 26**
- Trauma-Informed Yoga for Youth: Week 8 – **Wednesday, November 2**