



## RYT-500 MODULAR TEACHER TRAINING SCHEDULE

Complete 15 Weekend Modules Of Your Choice

Date	Day	Time	Topic	Instructor
<b>JAN 2022</b>				
1/7/22	Friday	6:00pm - 8:00pm	Yoga Nidra and Sacred Writing	Elaine Fletcher Chapman, MFA, LPC, LMF, Certified iRest Yoga Nidra
1/8/22	Saturday	9:00pm - 5:00pm	Yoga Nidra and Sacred Writing	Elaine Fletcher Chapman, MFA, LPC, LMF, Certified iRest Yoga Nidra
1/9/22	Sunday	9:00pm - 5:00pm	Yoga Nidra and Sacred Writing	Elaine Fletcher Chapman, MFA, LPC, LMF, Certified iRest Yoga Nidra
<b>FEB 2022</b>				
2/11/22	Friday	6:00pm - 8:00pm	Kaumarabhrtya I: Yoga For Fertility and Yoga For Infants	Danielle Orender, RYT-500, RCYT, RPYT
2/12/22	Saturday	9:00pm - 5:00pm	Kaumarabhrtya I: Yoga For Fertility and Yoga For Infants	Danielle Orender, RYT-500, RCYT, RPYT
2/13/22	Sunday	9:00pm - 5:00pm	Kaumarabhrtya I: Prenatal Yoga	Danielle Orender, RYT-500, RCYT, RPYT
<b>MARCH 2022</b>				
3/25/22	Friday	6:00pm - 8:00pm	Yoga Sutra & Bhagavad Gita- The True Meaning Of Yoga	Graham M. Schweig, PhD
3/26/22	Saturday	9:00pm - 5:00pm	Yoga Sutra & Bhagavad Gita- The True Meaning Of Yoga	Graham M. Schweig, PhD
3/27/22	Sunday	9:00pm - 5:00pm	Yoga Sutra & Bhagavad Gita- The True Meaning Of Yoga	Graham M. Schweig, PhD



<b>APRIL 2022</b>				
4/22/22	Friday	6:00pm - 8:00pm	Yoga For Stress Management	Christal Rabalais, ERYT-500, C-IAYT
4/23/22	Saturday	9:00pm - 5:00pm	Yoga For Stress Management	Christal Rabalais, ERYT-500, C-IAYT
4/24/22	Sunday	9:00pm - 5:00pm	Yoga For Stress Management	Christal Rabalais, ERYT-500, C-IAYT
<b>MAY 2022</b>				
5/13/22	Friday	6:00pm - 8:00pm	Kaumarabhrtya II- Yoga Play- Yoga For Children & Teens	Danielle Orender, RYT-500, RCYT, RPYT
5/14/22	Saturday	9:00pm - 5:00pm	Kaumarabhrtya II- Yoga Play- Yoga For Children & Teens	Danielle Orender, RYT-500, RCYT, RPYT
5/15/22	Sunday	9:00pm - 5:00pm	Kaumarabhrtya II- Yoga Play- Yoga For Children & Teens	Danielle Orender, RYT-500, RCYT, RPYT
<b>JUNE 2022</b>				
6/10/22	Friday	6:00pm - 8:00pm	Advanced Practices- Asanas & Pranayama	Muning Hu, ERYT-500, RPYT, YACEP
6/11/22	Saturday	9:00pm - 5:00pm	Advanced Practices- Asanas & Pranayama	Muning Hu, ERYT-500, RPYT, YACEP
6/12/22	Sunday	9:00pm - 5:00pm	Advanced Practices- Asanas & Pranayama	Muning Hu, ERYT-500, RPYT, YACEP
<b>JULY 2022</b>				
7/15/22	Friday	6:00pm - 8:00pm	Yin Yoga Immersion Weekend	Muning Hu, ERYT-500, RPYT, YACEP
7/16/22	Saturday	9:00pm - 5:00pm	Yin Yoga Immersion Weekend	Muning Hu, ERYT-500, RPYT, YACEP
7/17/22	Sunday	9:00pm - 5:00pm	Yin Yoga Immersion Weekend	Muning Hu, ERYT-500, RPYT, YACEP
<b>AUGUST 2022</b>				
8/12/22	Friday	6:00pm - 8:00pm	Trauma Informed Yoga & Ayurveda	Christine Harrell, RYT-500
8/13/22	Saturday	9:00pm - 5:00pm	Trauma Informed Yoga & Ayurveda	Christine Harrell, RYT-500
8/14/22	Sunday	9:00pm - 5:00pm	Trauma Informed Yoga & Ayurveda	Christine Harrell, RYT-500
<b>SEPT 2022</b>				
9/16/22	Friday	6:00pm - 8:00pm	Meditation, Mindfulness, & Happiness	Linda Melochick, ERYT-200, RYT-500



9/17/22	Saturday	9:00pm - 5:00pm	Meditation, Mindfulness, & Happiness	Linda Melochick, ERYT-200, RYT-500
9/18/22	Sunday	9:00pm - 5:00pm	Meditation, Mindfulness, & Happiness	Linda Melochick, ERYT-200, RYT-500
<b>OCT 2022</b>				
10/14/22	Friday	6:00pm - 8:00pm	Ayurveda: Nurturing the Senses	Dr. Dilip Sarkar, M.D., FACS, D.Ayur
10/15/22	Saturday	9:00am - 5:00pm	Ayurveda: Dinacharya and Doshas	Dr. Dilip Sarkar, M.D., FACS, D.Ayur
10/16/22	Sunday	9:00am - 5:00pm	Ayurveda: Yoga Therapy	Dr. Dilip Sarkar, M.D., FACS, D.Ayur
<b>NOV 2022</b>				
11/11/22	Friday	6:00pm - 8:00pm	Qigong	Muning Hu, ERYT-500, RPYT, YACEP
11/12/22	Saturday	9:00am - 5:00pm	Five Element Theory, Ayurveda and Yoga	Muning Hu, ERYT-500, RPYT, YACEP
11/13/22	Sunday	9:00am - 5:00pm	Five Element Theory, TCM and Yoga	Muning Hu, ERYT-500, RPYT, YACEP
<b>DEC 2022</b>				
12/9/22	Friday	6:00pm - 8:00pm	Hands on Adjustments and Healing	Muning Hu, ERYT-500, RPYT, YACEP
12/10/22	Saturday	9:00am - 5:00pm	Hands on Adjustments and Healing	Muning Hu, ERYT-500, RPYT, YACEP
12/11/22	Sunday	9:00am - 5:00pm	Hands on Adjustments and Healing	Muning Hu, ERYT-500, RPYT, YACEP
<b>JAN 2023</b>				
1/13/23	Friday	6:00pm - 8:00pm	Myofascial Release & Yoga Asana	Linda Melochick, ERYT-200, RYT-500
1/14/23	Saturday	9:00am - 5:00pm	Myofascial Release & Yoga Asana	Linda Melochick, ERYT-200, RYT-500
1/15/23	Sunday	9:00am - 5:00pm	Myofascial Release & Yoga Asana	Linda Melochick, ERYT-200, RYT-500
<b>FEB 2023</b>				
2/17/23	Friday	6:00pm - 8:00pm	Chanting Workshop	Sumeda Madhuri, RYT-200
2/18/23	Saturday	9:00pm - 5:00pm	Ayurvedic Yoga Therapy	Dr. Dilip Sarkar, M.D., FACS, D.Ayur
2/19/23	Sunday	9:00pm - 5:00pm	Ayurvedic Yoga Therapy	Dr. Dilip Sarkar, M.D., FACS, D.Ayur



<b>MARCH 2023</b>				
3/17/23	Friday	6:00pm - 8:00pm	Vinyasa Krama- The Art Of Sequencing	Christal Rabalais, ERYT-500, C-IAYT
3/18/23	Saturday	9:00pm - 5:00pm	Vinyasa Krama- The Art Of Sequencing	Christal Rabalais, ERYT-500, C-IAYT
3/19/23	Sunday	9:00pm - 5:00pm	Vinyasa Krama- The Art Of Sequencing	Christal Rabalais, ERYT-500, C-IAYT
<b>APRIL 2023</b>				
4/14/23	Friday	6:00pm - 8:00pm	Chakra Spiritual and Energy Healing	Christal Rabalais, ERYT-500, C-IAYT
4/15/23	Saturday	9:00pm - 5:00pm	Chakra Spiritual and Energy Healing	Christal Rabalais, ERYT-500, C-IAYT
4/16/23	Sunday	9:00pm - 5:00pm	Chakra Spiritual and Energy Healing	Christal Rabalais, ERYT-500, C-IAYT
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6/18/23	Sunday	9:00pm - 5:00pm	Kaumarabhrtya I: Prenatal Yoga	Danielle Orender, RYT-500, RCYT, RPYT