



200-Hour Class Schedule- APRIL 30TH 2022

Date	Day	Time	Topic	
APRIL 2022				
04/30/22	Saturday	8:30am-10:30am	Embracing Your Journey	Christal Rabalais & Linda Melochick
04/30/22	Saturday	10:30am-5:30pm	Yoga History & Philosophy	Christal Rabalais, ERYT-500, C-IAYT
05/01/22	Sunday	8:30am-5:30pm	Yoga Philosophy, Lifestyle & Ethics	Christal Rabalais, ERYT-500, C-IAYT
MAY 2022				
05/21/22	Saturday	8:30am-5:30pm	Pranayama, Techniques & Practice	Muning Hu, ERYT-500, RPYT, YACEP
05/22/22	Sunday	8:30am-5:30pm	Intro To Asana & Practice	Linda Melochick, ERYT-200, RYT-500
JUNE 2022				
06/04/22	Saturday	8:30am-5:30pm	Different Styles Of Yoga	Linda Melochick, ERYT-200, RYT-500
06/05/22	Sunday	8:30am-5:30pm	Techniques Training & Practice	Linda Melochick, ERYT-200, RYT-500
06/25/22	Saturday	8:30am-5:30pm	Intro To Mudras & Bhandas	Christal Rabalais, ERYT-500, C-IAYT
06/26/22	Sunday	8:30am-5:30pm	Yoga Anatomy & Physiology	Christal Rabalais, ERYT-500, C-IAYT
JULY 2022				
07/09/22	Saturday	8:30am-5:30pm	Chakra Theory & Techniques Practice	Christal Rabalais, ERYT-500, C-IAYT
07/10/22	Sunday	8:30am-5:30pm	Techniques Training & Practice	Christal Rabalais, ERYT-500, C-IAYT
07/13/22	Wednesday	6:00pm-8:00pm	Buddhist Temple Tour & Meditation*	Linda Melochick, ERYT-200, RYT-500
			<i>*not required but recommended</i>	<i>*equals 3 make-up hours</i>
AUGUST 2022				
08/06/22	Saturday	8:30am-5:30pm	Sanskrit & Sequencing	Christal Rabalais, ERYT-500, C-IAYT
08/07/22	Sunday	8:30am-5:30pm	Beyond The Mat & Class Structure	Christal Rabalais, ERYT-500, C-IAYT



08/27/22	Saturday	8:30am-5:30pm	Hands On Adjustments & Methodology	Muning Hu, ERYT-500, RPYT, YACEP
08/28/22	Sunday	8:30am-5:30pm	Prenatal & Children's Yoga	Danielle Orender, RYT-500, RCYT, RPYT
SEPTEMBER 2022				
09/10/22	Saturday	8:30am-5:30pm	Teaching from the ♥ & Discovering Your Voice + Presentations	Linda Melochick, ERYT-200, RYT-500
09/11/22	Sunday	8:30am-5:30pm	Mindfulness & Meditation	Linda Melochick, ERYT-200, RYT-500
09/24/22	Saturday	8:30am-5:30pm	Special Populations & Chair Yoga	Muning Hu, ERYT-500, RPYT, YACEP
09/25/22	Sunday	8:30am-5:30pm	Intro To Ayurveda	Dr. Dilip Sarkar, M.D., FACS, D.Ayur
OCTOBER 2022				
10/08/22	Saturday	8:30am-5:30pm	Yoga Business & Marketing + Practice Teach/ Oral Presentation	Cortney Cunningham, Studio Owner Linda Melochick/ Christal Rabalais
10/09/22	Sunday	8:30am-5:30pm	Practice Teach/ Graduation	Christal Rabalais, ERYT-500, C-IAYT
10/09/22	Sunday	1:30pm-3:00pm	GRADUATION	Linda, Christal, Muning

Graduation Sunday October 9th 1:30 PM

20 Non-Contact Hours

The 20 non-contact hours are comprised of karma teaching hours, independent study, and attending alternative yoga classes.

Karma Yoga Teaching- 8 hours

Personal Study- Journaling, Meditation, and Home Study- 7 hours

Alternative Yoga Class Participations- 5 hours (5 free classes given at the Zenya studio)