



200-Hour Class Schedule- NOVEMBER 19TH 2022

Date	Day	Time	Topic	
NOVEMBER 2022*				
11/19/22	Saturday	9:00am-11:00am	Embracing Your Journey	Christal Rabalais & Linda Melochick
11/19/22	Saturday	11:00am-6:00pm	Yoga History & Philosophy	Christal Rabalais, ERYT-500, C-IAYT
11/20/22	Sunday	9:00am-6:00pm	Yoga Philosophy, Lifestyle & Ethics	Christal Rabalais, ERYT-500, C-IAYT
DECEMBER 2022*				
12/17/22	Saturday	9:00am-6:00pm	Chakra Theory/ Intro To Sanskrit	Christal Rabalais, ERYT-500, C-IAYT
12/18/22	Sunday	9:00am-6:00pm	Intro To Asana/Yoga Styles & Practice	Linda Melochick, ERYT-500
JANUARY 2023				
01/07/23	Saturday	9:00am-6:00pm	Pranayama, Techniques & Practice	Muning Hu, ERYT-500, RPYT, YACEP
01/08/23	Sunday	9:00am-6:00pm	Techniques Training & Practice	Linda Melochick, ERYT-500
01/21/23	Saturday	9:00am-6:00pm	Yoga Methodology & Practice	Muning Hu, ERYT-500, RPYT, YACEP
01/22/23	Sunday	9:00am-6:00pm	Yoga Anatomy & Physiology	Dr. Valerie D. Wright DNP, APRN, CYT200
FEBRUARY 2023				
02/11/23	Saturday	9:00am-6:00pm	Sequencing & Techniques Practice	Christal Rabalais, ERYT-500, C-IAYT
02/12/23	Sunday	9:00am-6:00pm	Techniques Training & Practice	Christal Rabalais, ERYT-500, C-IAYT
02/22/23	Wednesday	6:00PM-8:00PM	Buddhist Temple Tour & Meditation*	Linda Melochick, ERYT-500
			<i>*Not required but recommended</i>	



FEBRUARY 2023				
02/25/23	Saturday	9:00am-6:00pm	Intro To The Mudras & Bhandas	Christal Rabalais, ERYT-500, C-IAYT
02/26/23	Sunday	9:00am-6:00pm	Beyond The Mat & Class Structure	Christal Rabalais, ERYT-500, C-IAYT
MARCH 2023				
03/04/23	Saturday	9:00am-6:00pm	Hands On Adjustments & Methodology	Muning Hu, ERYT-500, RPYT, YACEP
03/05/23	Sunday	9:00am-6:00pm	Teaching from the ♥ & Discovering Your Voice + Presentations	Linda Melochick, ERYT-500
APRIL 2023				
04/08/23	Saturday	9:00am-6:00pm	Prenatal & Children's Yoga	Danielle Orender, RYT-500, RPYT, RPYT
04/09/23	Sunday	9:00am-6:00pm	Mindfulness & Meditation	Linda Melochick, ERYT-500
04/22/23	Saturday	9:00am-6:00pm	Special Populations & Chair Yoga	Muning Hu, ERYT-500, RPYT, YACEP
04/23/23	Sunday	9:00am-6:00pm	Intro To Ayurveda	Dr. Dilip Sarkar, M.D., FACS, D.Ayur
MAY 2023				
05/06/23	Saturday	9:00am-11:00am	Yoga Business & Marketing	Cortney Cunningham, Studio Owner
05/07/23	Sunday	1:30pm-4:00pm	GRADUATION	Linda Melochick/ Christal Rabalais



- ***Weekends marked with an * are MANDATORY WEEKENDS. These sessions are critical to building your foundation as a Yoga Teacher. If missed- they can be made up one of the following ways:**
 1. A one-on-one training with that Instructor for approximately 4-5 hours.
 2. Taking that same weekend in the next Yoga Teacher Training that will begin the month you graduate.
**You will be responsible for the instructor's compensation for those hours.*

- **180 CONTACT HOURS- The schedule above meets the requirement of 180 “contact hours” in the presence of a Yoga Alliance accredited Instructor. The remaining 20 hours are comprised of “Non-Contact” Hours detailed below.**

- **20 NON-CONTACT HOURS**
 1. Karma Yoga Teaching- 8 hours
 2. Personal Study- Journaling, Meditation, and Home Study- 7 hours
 3. Yoga Class Observation- 5 classes (5 free classes given at the Zenya studio but classes can be taken anywhere by any RYT Yoga Instructor).

- **45-Minute Practice Teach Hours (gray sections on schedule above)**

12 of your 180 Contact Hours consist of you attending “Practice Teach Classes” with your peers. There are 16 hours shown on the schedule above. The requirement is that you attend 12 out of the 16 scheduled hours



OR

Your Personal Practice log may be submitted and evaluated as credit for part of all the 12 "Practice Teach Hours" you would otherwise spend taking classes from your peers. We suggest you keep a detailed log of your personal practice using the LOG FORMS provided if you plan to submit for the 12-hour credit. The credit hours awarded could range from 1-12 hours depending on the consistency of your logged personal practice. The Personal Practice Log **cannot** be used as credits for any other missed hours.