



## 200 Hour Class Schedule for Required Contact Hours

Date	Day	Time	Topic	Instructor
Sept 2018				
9/14	Friday	6:00pm-9:00pm	Introduction	Beate
9/15	Saturday	9:30am-5:30pm	Techniques Training & Practice	Beate
9/16	Sunday	8:00am-3:00pm	Techniques Training & Practice	Beate
Oct				
10/5	Friday	6:00pm-9:00pm	Anatomy	Jane
10/6	Saturday	9:30am-5:30pm	Techniques Training & Practice	Christine
10/7	Sunday	8:00am-3:00pm	Techniques Training & Practice	Christine
10/26	Friday	6:00pm-9:00pm	Anatomy	Jane
10/27	Saturday	9:30am-5:30pm	Techniques Training & Practice	Jane 2hr/Linda 6hr
10/28	Sunday	8:00am-3:00pm	Techniques Training & Practice	Jane
Nov				
11/9	Friday	6:00pm-9:00pm	Chakras	Beate
11/10	Saturday	9:30am-5:30pm	Techniques Training & Practice	Beate
11/11	Sunday	8:00am-3:00pm	Techniques Training & Practice	Beate



Nov/Dec				
11/30	Friday	6:00pm-9:00pm	Anatomy	Jane
12/1	Saturday	9:30am-5:30pm	Techniques Training & Practice	Christine
12/2	Sunday	8:00am-3:00pm	Techniques Training & Practice	Christine
Jan 2019				
1/4	Friday	6:00pm-9:00pm	Anatomy	Jane
1/5	Saturday	9:30am-5:30pm	Practice Teach/Oral Presentation	Jane
1/6	Sunday	8:00am-3:00pm	Practice Teach/Oral Presentation	Jane
	Wednesday	6:00pm-9:00pm	Buddhist Temple	Christine
1/25	Friday	6:00pm-9:00pm	Pranayama	Jane
1/26	Saturday	9:30am-5:30pm	Philosophy	Ken
1/27	Sunday	8:00am-3:00pm	Philosophy	Ken
Feb				
2/15	Friday	6:00pm-9:00pm	Anatomy	Jane
2/16	Saturday	9:30am-5:30pm	Stress Management	Beate
2/17	Sunday	8:00am-3:00pm	Techniques Training & Practice	Christine
March				
3/8	Friday	6:00pm-9:00pm	Business/Presentation	Cortney/Jane



3/9	Saturday	9:30am-5:30pm	Business/Karma	Christine
3/10	Sunday	8:00am-3:00pm	Pranayama/Ayurveda	Dr. Sarkar
3/29	Friday	6:00pm-9:00pm	Prenatal	Angela
3/30	Saturday	9:30am-5:30pm	Practice Teach/Oral Presentation	Beate
3/31	Sunday	8:00am-3:00pm	Children /Graduation	Angela 4hr/All 2 hr

**Graduation Tuesday, 9/9/18, 1 PM**

**Schedule for Non-Contact Hours**

8 hours-Karma Yoga (Teaching)

7 hours- Personal Study, e.g. journal of meditation and home study

5 hours- Attend alternative yoga style classes, e.g. yin, chair, restorative, children, etc. (each student will be given a 4 class pass at Zenya or they can attend elsewhere at their own expense)