



## 200 Hour Class Schedule for Required Contact Hours

Date	Day	Time	Topic	Instructor
April 2019				
4/26	Friday	6:15pm-9:00pm	Techniques Training & Practice	Beate
4/27	Saturday	9:30am-5:45pm	Techniques Training & Practice	Beate
4/28	Sunday	8:00am-3:00pm	Techniques Training & Practice	Beate
May				
5/17	Friday	6:15pm-9:00pm	Anatomy	Jane
5/18	Saturday	9:30am-5:45pm	Techniques Training & Practice	Christine
5/19	Sunday	8:00am-3:00pm	Techniques Training & Practice	Christine
June				
6/7	Friday	6:15pm-9:00pm	Anatomy	Jane
6/8	Saturday	9:30am-5:45pm	Techniques Training & Practice	Jane
6/9	Sunday	8:00am-3:00pm	Techniques Training & Practice	Jane
6/21	Friday	6:15pm-9:00pm	Anatomy	Jane
6/22	Saturday	9:30am-5:45pm	Techniques Training & Practice	Beate
6/23	Sunday	8:00am-3:00pm	Techniques Training & Practice	Beate



July				
7/19	Friday	6:15pm-9:00pm	Anatomy	Jane
7/20	Saturday	9:30am-5:45pm	Techniques Training & Practice	Christine
7/21	Sunday	8:00am-3:00pm	Techniques Training & Practice	Christine
August				
8/9	Friday	6:15pm-9:00pm	Pranayama	Jane
8/10	Saturday	9:30am-5:45pm	Practice Teach/Oral Presentation	Christine/Jane
8/11	Sunday	8:00am-3:00pm	Practice Teach/Oral Presentation	Christine/Jane
	Wednesday	6:00pm-9:00pm	Buddhist Temple	Christine
September				
9/6	Friday	6:15pm-9:00pm	Anatomy	Jane
9/7	Saturday	9:30am-5:45pm	Prenatal/Children	Angela
9/8	Sunday	8:00am-3:00pm	Pranayama/Ayurveda	Dr. Sarkar
9/27	Friday	6:15pm-9:00pm	Practice Teach/Oral Presentation	Beate
9/28	Saturday	9:30am-5:45pm	Stress Management	Beate
9/29	Sunday	8:00am-3:00pm	Methodology/Practice Teach/Oral Presentation	Beate
October				
10/18	Friday	6:15pm-9:00pm	Lifestyle & Ethics	Christine



10/19	Saturday	9:30am-5:45pm	Philosophy	Ken
10/20	Sunday	8:00am-3:00pm	Philosophy	Ken
November				
11/8	Friday	6:15pm-9:00pm	Business	Cortney
11/9	Saturday	9:30am-5:45pm	Business/Karma	Christine
11/10	Sunday	8:00am-3:00pm	Chakras/Graduation	Beate 4 hr/All

**Graduation Tuesday, 11/10/19, 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)